

No. 39R

Price 25 Cents

GV 943

.S75

1923

Copy 1

WALDING'S

ATHLETIC LIBRARY

HOW TO  PLAY

SOCCER

By

DOUGLAS
STEWART

Coach University of
Pennsylvania

Editor N. C. A. A.
Intercollegiate Soccer
Guide



ALLEY PHOTO PHILA.

AMERICAN SPORTS PUBLISHING COMPANY
45 ROSE STREET, NEW YORK



A.C. SPALDING & BROS.
MAINTAIN THEIR OWN HOUSES
FOR DISTRIBUTING THE
SPALDING
COMPLETE LINE OF
ATHLETIC GOODS
IN THE FOLLOWING CITIES.

NEW YORK

DEPT. 124-128 Nassau St.
Lytel—523 Fifth Avenue
NEWARK, N. J.
589 Broad Street
PHILADELPHIA, PA.
1210 Chestnut Street
BOSTON, MASS.
74 Summer Street

PITTSBURGH, PA.
608 Wood Street
BUFFALO, N. Y.
629 Main Street
SYRACUSE, N. Y.
357 So. Warren Street

ROCHESTER, N. Y.
40 Clinton Ave., North
ALBANY, N. Y.
52 State Street
BALTIMORE, MD.
110 E. Baltimore St.

LONDON, ENGLAND
317-318,
High Holborn, W. C.
78, Cheapside, E. C.

LIVERPOOL
72, Lord Street

BIRMINGHAM, ENG.
New Street House

CHICAGO

211 South State St.
INDIANAPOLIS, IND.
136 N. Pennsylvania St.
CINCINNATI, O.
119 East Fifth Avenue
CLEVELAND, O.
1117 Euclid Avenue
COLUMBUS, O.
197 South High Street

DETROIT, MICH.
533 Woodward Ave.
WASHINGTON, D. C.
612 14th Street, N.W.
LOUISVILLE, KY.
328 West Jefferson St.
ATLANTA, GA.
74 N. Broad Street

NEW ORLEANS, LA.
130 Carondelet Street
JACKSONVILLE, FLA.
23 South Hogan Street
DALLAS, TEX.
1518 Main Street
SAN ANTONIO, TEX.
206 Losoya Street

MANCHESTER, ENG.
4, Oxford St. and
1, Lower Mosley St.
BRISTOL, ENG.
42, High Street

EDINBURGH, SCOT.
3 So. Charlotte St. (Cor. Princes St.)

GLASGOW, SCOTLAND
335 Sauchiehall Street

SAN FRANCISCO
156-158 Geary Street
OAKLAND, CAL.
418 Fourteenth St.
SEATTLE, WASH.
1204 Second Avenue
LOS ANGELES, CAL.
435 South Spring St.
PORTLAND, ORE.
Broadway at Alder
SALT LAKE CITY, UTAH
331 Main Street

ST. LOUIS, MO.
823 Locust Street
KANSAS CITY, MO.
1008 Grand Avenue
MILWAUKEE, WIS.
379 East Water Street
DES MOINES, IA.
803 Locust Street

DENVER, COL.
1815 Welton Street
MINNEAPOLIS, MINN.
62 Seventh St., South
ST. PAUL, MINN.
386 Minnesota Street
OMAHA, NEB.
1818 Harney Street

MONTREAL, CANADA
369-71 St. Catherine St., W
TORONTO, CANADA
207 Yonge Street

VANCOUVER, B. C.
424 Hastings St., West

SYDNEY, AUSTRALIA
204 Clarence Street
PARIS, FRANCE
25-27 Rue Tronchet

Communications directed to A. G. SPALDING & BROS., at any of the above addresses, will receive prompt attention.

THE SPALDING
TRADE MARK QUALITY AND SELLING POLICY CONSTITUTE
THE SOLID FOUNDATION OF THE SPALDING BUSINESS

JUL 30 1923

SPALDING'S ATHLETIC LIBRARY

Red Cover Series, 25c.

Blue Cover Series, 10c.

Green Cover Series, 10c.

No. 1R.	SPALDING'S OFFICIAL ATHLETIC ALMANAC.	Price 25c.
No. 3R.	SPALDING'S OFFICIAL GOLF GUIDE.	Price 25c.
No. 31R.	SPALDING'S POLO GUIDE.	Price 50c.
No. 90R.	SPALDING'S OFFICIAL ICE HOCKEY GUIDE.	Price 25c.
No. 55R.	SPALDING'S OFFICIAL SOCCER FOOT BALL GUIDE.	Price 25c.
No. 57R.	SPALDING'S TENNIS ANNUAL.	Price 25c.
No. 59R.	SPALDING'S OFFICIAL BASE BALL RECORD.	Price 25c.
No. 100R.	SPALDING'S OFFICIAL BASE BALL GUIDE.	Price 25c.
No. 200R.	SPALDING'S OFFICIAL FOOT BALL GUIDE.	Price 25c.
No. 700R.	SPALDING'S OFFICIAL BASKET BALL GUIDE.	Price 25c.
No. 114R.	SPALDING'S OFFICIAL HAND BALL GUIDE.	Price 25c.
No. 113R.	SPALDING'S OFFICIAL LACROSSE GUIDE.	Price 25c.
No. 1C.	SPALDING'S OFFICIAL BASE BALL GUIDE (Canadian Edition)	Price 25c.
No. 2C.	SPALDING'S OFFICIAL ICE HOCKEY GUIDE (Canadian Edition)	Price 25c.
No. 9.	SPALDING'S OFFICIAL INDOOR BASE BALL GUIDE.	Price 10c.
No. 7A.	SPALDING'S OFFICIAL WOMEN'S BASKET BALL GUIDE.	Price 10c.
No. 12A.	SPALDING'S OFFICIAL ATHLETIC RULES (A. A. U.).	Price 10c.

Group I.

Base Ball

"Blue Cover" Series, each number 10c.

- No. 202 How to Play Base Ball
 No. 365 Base Ball for Boys ("Beginners")
 No. 9 Official Indoor Base Ball Guide (including rules for Playground Ball)

"Red Cover" Series, each number 25c

- No. 100R. Official Base Ball Guide
 No. 1C. Official Base Ball Guide—Canadian edition
 No. 59R. Official Base Ball Record
 No. 79R. How to Pitch
 No. 80R. How to Bat
 No. 81R. How to Umpire
 No. 82R. Knotty Base Ball Problems
 How to Organize a League.
 How to Manage a Team.
 How to Captain a Team.
 How to Coach a Team.
 No. 83R. How to Score a Game.
 How to Arrange Signals.
 How to Lay Out a League Diamond.
 No. 96R. How to Catch; How to Run Bases. New. In one volume
 No. 97R. How to Play the Infield and Outfield. Entirely new. In one volume

Group II.

Foot Ball

"Red Cover" Series, each number 25c.

- No. 200R. Official Foot Ball Guide
 No. 47R. How to Play Foot Ball
 No. 55R. Official Soccer Foot Ball Guide
 No. 108R. Official College Soccer Foot Ball Guide

Group III.

Tennis

"Blue Cover" Series, each number 10c.

- No. 157 How to Play Lawn Tennis

"Red Cover" Series, each number 25c.

- No. 2R. Strokes and Science of Lawn Tennis
 No. 57R. Tennis Annual
 No. 3C. Canadian Lawn Tennis Guide
 No. 76R. Tennis for Girls. (Miss Ballin)
 No. 84R. Tennis Errors and Remedies
 No. 85R. Lawn Tennis for Girls (Mlle. Lenglen)

Three new tennis books, by William T. Tilden, 2d, world's champion

- No. 102R. The Kid—A lesson in tennis
 No. 103R. The Club Player
 No. 104R. The Expert

Group IV.

Golf

"Green Cover" Series, each number 10c.

- No. 2P How to Learn Golf

"Red Cover" Series, each number 25c.

- No. 3R. Official Golf Guide. (Revised Rules)
 No. 4R. How to Play Golf
 No. 63R. Golf for Girls. (Miss Cecil Leitch)

Specialty Bound Series of Athletic Handbooks

Any 25 cent book listed in Spalding's Athletic Library will be bound in flexible or stiff covers for 75 cents each; or any two 10 cent books in one volume for 75 cents. One 25 cent book or two 10 cent books will be bound in leather in one volume for \$1.00. Mention style binding preferred.

(Continued on the next page. Prices subject to change without notice.)

SPALDING'S ATHLETIC LIBRARY

Red Cover Series, 25c. Blue Cover Series, 10c. Green Cover Series, 10c.

Group V.

Basket Ball

"Blue Cover" Series, each number 10c.

No. 7A. Official Women's Basket Ball Guide

No. 193 How to Play Basket Ball

"Red Cover" Series, each number 25c.

No. 700R. Official Basket Ball Guide

Group VI. Skating and Winter Sports

"Red Cover" Series, each number 25c.

No. 8R. The Art of Skating

No. 90R. Official Ice Hockey Guide and Winter Sports Almanac

No. 20R. How to Play Ice Hockey

No. 72R. Figure Skating for Women

No. 2C. Official Ice Hockey Guide, Canadian Edition

Group VII. Track and Field Athletics

"Blue Cover" Series, each number 10c,

No. 12A. Official Athletic Rules (A.A.U.)

"Green Cover" Series, each number 10c.

No. 3P. How to Become an Athlete

"Red Cover" Series, each number 25c.

No. 1R. Official Athletic Almanac

No. 45R. Intercollegiate Official Handbook

No. 94R. Olympic Games of 1920

No. 95R. Official Handbook New England Intercollegiate A. A.

No. 109R. All Around Athletics

No. 110R. Relay Racing

No. 111R. How to Sprint

No. 112R. National Collegiate Athletic Association Track and Field Rules

Group VIII.

School Athletics

"Red Cover" Series, each number 25c.

No. 61R. School Tactics and Maze Running: Children's Games

Group IX.

Water Sports

"Red Cover" Series, each number 25c.

No. 36R. Speed Swimming

No. 91R. Intercollegiate Swimming Guide

No. 106R. Science of Swimming

No. 107R. Swimming for Women

Group X. Games for Women and Girls

"Blue Cover" Series, each number 10c.

No. 7A. Official Women's Basket Ball Guide

"Red Cover" Series, each number 25c.

No. 38R. Field Hockey Guide

No. 89R. Learning Field Hockey

Group XI. Lawn and Field Games

"Red Cover" Series, each number 25c.

No. 43R. Lawn Games — Archery; Rogue; Croquet; English Croquet; Lawn Hockey; Tether Ball; Clock Golf; Golf-Croquet; Hand Tennis; Hand Polo; Wicket Polo; Badminton; Drawing Room Hockey; Garden Hockey; Basket Goal; Pin Ball; Cricket

No. 36R. Quoits, Lawn Bowls. Horse-shoe Pitching and Boccie

No. 113R. Official Lacrosse Guide

Group XII. Miscellaneous Games

"Blue Cover" Series, each number 10c.

No. 13 American Game of Hand Ball

No. 364 Volley Ball Guide—New Rules

"Red Cover" Series, each number 25c.

No. 49R. How to Bowl

No. 105R. Camps and Camping

No. 114R. Official Hand Ball Guide

Group XIII.

Manly Sports

"Blue Cover" Series, each number 10c.

No. 232 Roller Skating Guide

"Red Cover" Series, each number 25c.

No. 11R. Fencing Foil Work Illustrated

No. 19R. Professional Wrestling

No. 21R. Jiu Jitsu

No. 25R. Boxing

No. 30R. The Art of Fencing

No. 65R. How to Wrestle

No. 78R. How to Punch the Bag

Group XIV.

Calisthenics

"Red Cover" Series, each number 25c.

No. 10R. Single Stick Drill

No. 16R. Team Wand Drill

No. 22R. Indian Clubs and Dumb Bells and Pulley Weights

No. 24R. Dumb Bell Exercises

No. 73R. Graded Calisthenics and Dumb Bell Drills

(Continued on next page. Prices subject to change without notice.)

SPALDING'S ATHLETIC LIBRARY

Red Cover Series, 25c. Blue Cover Series, 10c. Green Cover Series, 10c.

Group XV.

Gymnastics

"Blue Cover" Series, each number 10c.

No. 237 Fancy Dumb Bell and Marching Drills

"Red Cover" Series, each number 25c.

No. 14R. Trapeze, Long Horse and Rope Exercises

No. 40R. Indoor and Outdoor Gymnastic Games

No. 52R. Pyramid Building

No. 56R. Tumbling for Amateurs and Ground Tumbling

No. 67R. Exercises on the Side Horse; Exercises on the Flying Rings

No. 68R. Horizontal Bar Exercises; Exercises on Parallel Bars

Group XVI.

Home Exercising

"Blue Cover" Series, each number 10c.

No. 161 Ten Minutes' Exercise for Busy Men

No. 325 Twenty-Minute Exercises

"Red Cover" Series, each number 25c.

No. 7R. Physical Training Simplified

No. 9R. How to Live 100 Years

No. 23R. Get Well; Keep Well.

No. 33R. Tensing Exercises

No. 51R. 265 Health Answers

No. 54R. Medicine Ball Exercises; Indigestion Treated by Gymnastics; Physical Education and Hygiene.

No. 62R. The Care of the Body

No. 64R. Muscle Building: Health by Muscular Gymnastics

Spalding Score Books, Competitors' Numbers, Etc.

BASE BALL SCORE BOOKS.

Made in three styles—Morse (Nos. 1, 3, 4, 5 and M); A. G. Spalding style (Nos. 2 and S); John B. Foster style (No. F). The Spalding style has diamond shaped spaces for scoring.

POCKET SIZE.

No. 1. Paper cover, Morse style, 7 games.....	Each	\$0.20
No. 2. Board cover, Spalding style, 22 games.....	"	.50
No. 3. Board cover, Morse style, 46 games.....	"	1.00
No. F. Board cover, Foster (reporters') style, 79 games.....	"	1.50
No. M. Board cover, Morse style, 79 games.....	"	1.50
No. S. Board cover, Spalding style, 79 games.....	"	1.50

CLUB SIZE.

No. 4. Morse style, 8 $\frac{3}{4}$ x10 $\frac{5}{8}$ in., 30 games.....	Each	\$2.00
No. 5. Morse style, 8 $\frac{3}{4}$ x10 $\frac{5}{8}$ in., 79 games.....	"	3.00
Score Cards, 1 game.....	Dozen	.10

BASKET BALL SCORE BOOKS.

No. A. Collegiate, paper cover, 10 games.....	Each	.20
No. B. Collegiate, board cover, 40 games.....	"	.50
No. W. Women's, board cover, 27 games.....	"	.50

TRACK AND FIELD, TENNIS AND GOLF SCORE CARDS.

No. TF. Olympic Score Card: for outdoor and indoor track and field athletic meets; used in A.A.U. championships.....	Each	\$0.05
No. H. Tennis Score Card, endorsed by leading umpires; used in national championships, new and improved design; for five sets; in two colors.....	Dozen	.60
No. L. Golf Score Sheets: used in leading tournaments: size 22x28 in.; match play or medal play (specify which is wanted).....	Each	.15
FIELD HOCKEY SCORE BOOK—board cover, 50 games.....	"	.50
HAND BALL SCORE BOOK—board cover, 100 games.....	"	.50

COMPETITORS' NUMBERS.

Used in A.A.U., intercollegiate and interscholastic championship events.

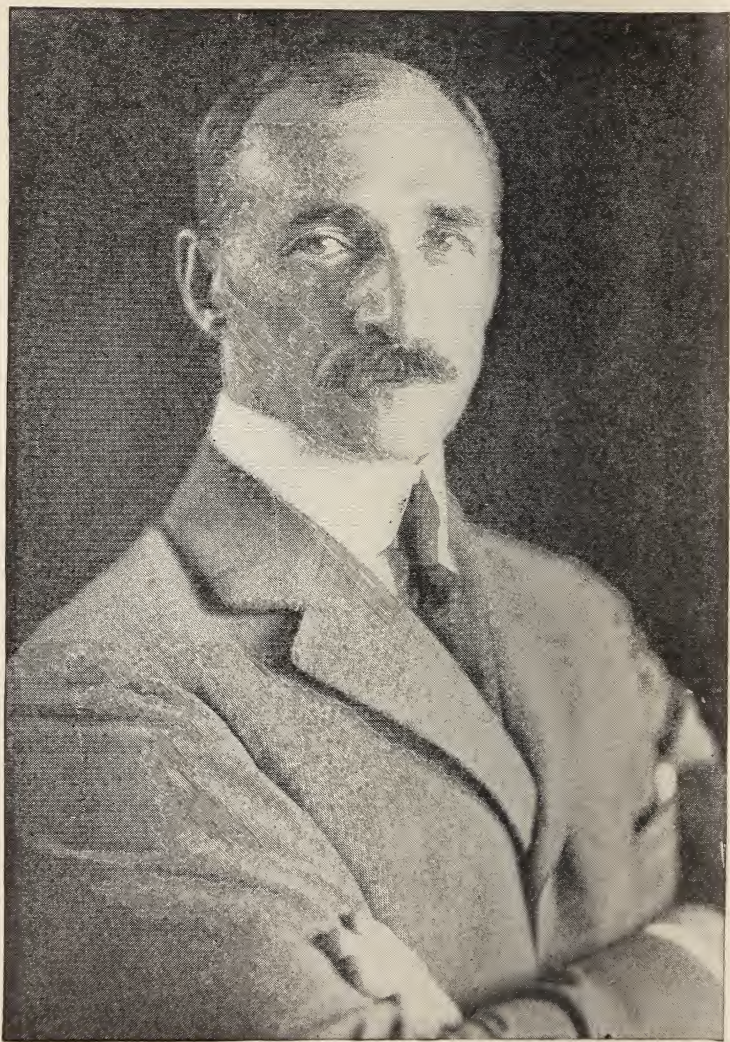
Made up in sets (1 to 50, 1 to 100, etc.).

Manila paper.....Per number \$0.02 Linen backed.....Per number \$0.12

Letters, A, B, C, D, etc., on manila paper, for relay races..Per letter .05

Any of the above mailed postpaid on receipt of price.

American Sports Publishing Company, 45 Rose St., New York



DOUGLAS STEWART,

Head Coach Association Football (Soccer) at University of Pennsylvania, Secretary Association Football (Soccer) Committee National Collegiate Athletic Association.

SPALDING "RED COVER" SERIES OF
ATHLETIC HANDBOOKS
No. 39R

HOW TO PLAY SOCCER

By
DOUGLAS STEWART
HEAD COACH, ASSOCIATION FOOTBALL (SOCCER)
AT UNIVERSITY OF PENNSYLVANIA

PUBLISHED BY
AMERICAN SPORTS PUBLISHING
COMPANY
45 ROSE STREET, NEW YORK

GV 943
.S75

COPYRIGHT, 1923
BY
AMERICAN SPORTS PUBLISHING COMPANY
NEW YORK

© 1A753835

no 1

Contents

PAGE

General Qualifications	11
How the Game is Played.....	13
Size and marking of field.....	13
Goal area marking.....	15
Penalty area marking.....	15
Composition of Team.....	15
Disposition of Players.....	17
Duties and Functions of Players.....	19
Goal-keeper	19
Full-backs	21
Half-backs	23
Forwards	25
Center Forward	29
Playing the Game.....	33
Ball	33
Referee	33
Actual Play	33
Qualifications of Players.....	45
Goal-keeper	45
Full-backs	45
Half-backs	45
Forwards	46
Duties of Players.....	47
Goal-keeper	47
Full-backs	47
Half-backs	48
Forwards	49
Wing Forwards	50
Art of Kicking	53
Control	57
Trapping	57
Blocking	61
Tackling	61
Charging	63
Heading	65
Notes on the Laws, Including Off-side and the Giving of Free and Penalty Kicks	67
Sportsmanship	71
Plan of Field.....	74
Definition of Names and Terms in Association Football (Soccer)	75

SAB 2 Aug. 1923

Illustrations

PAGE

Douglas Stewart	<i>Frontispiece</i>
Method of packing goal mouth to defend against free kick given for carrying by goal-keeper, etc.....	6
Right half-back intercepting pass and heading ball to own forward	8
Center half breaking through and intercepting pass to for- wards	10
Diagram No. 1. Disposition of players at kick-off.....	14
Diagram No. 2. Disposition of players immediately after kick-off	16
Diagram No. 3. Full-back defensive play No. 1.....	18
Diagram No. 4. Full-back defensive play No. 2.....	20
Diagram No. 5. Half-back defensive play No. 1.....	22
Diagram No. 6. Half-back defensive play No. 2.....	24
Diagram No. 7. Offensive play No. 1.....	26
Diagram No. 8. Offensive play No. 2.....	28
Diagram No. 9. Offensive play No. 3.....	30
Center forward preparing to receive pass back from wing..	32
Diagram No. 10. Methods of kicking off.....	34
Diagram No. 11. Disposition of players at penalty kick....	36
Diagram No. 12. Disposition of players at corner kick....	38
Outside right having passed towards center, half-back inter- cepting ball, breaking through and clearing.....	40
Forward lifting foot to trap ball with sole of foot.....	42
Plate No. 1. Kicking. Start of kick.....	44
Plate No. 2. Kicking. Finish of kick.....	52
Plate No. 3. Passing with outside of foot.....	54
Plate No. 4. Passing with inside of foot.....	56
Plate No. 5. Trapping with body.....	58
Plate No. 6. Trapping with inside of foot and leg.....	60
Plate No. 7. Trap with sole of foot.....	62
Plate No. 8. Heading with front of head.....	64
Plate No. 9. Heading with side of head.....	66
Plan of the field.....	74

Author's Note

There is I think no doubt in the mind of anyone who has noticed the progress in the development of Association football (Soccer) among the schools and other like institutions that the game will become one of great importance as a fall and winter outdoor sport. It is necessary, therefore, if the players in this country are going to play Association football as it is played all over the rest of the world that the younger element should have the means of acquiring knowledge of its fundamentals.

The instructions given, if followed, will enable the boy to start right. I have said sufficient to give him a basis on which to work and the plays I have outlined are more for the purpose of giving the beginner something to think about and build on. Not that the plays indicated are not practicable; for they are and have been, and are used in coaching the younger players of the University of Pennsylvania, where we have had a fair measure of success in turning out teams that can play the game well enough to win championships while the players are in college and to enable these same players to play on good teams after they leave college.



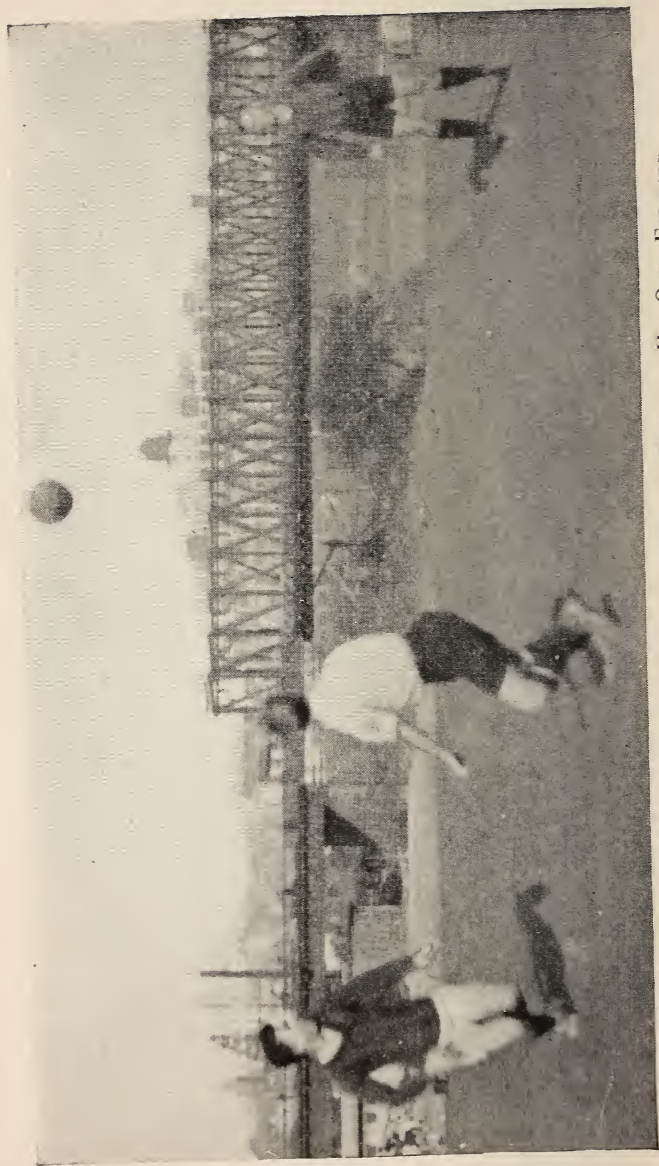
METHOD OF PACKING GOAL MOUTH TO DEFEND AGAINST FREE KICK GIVEN FOR CARRYING BY GOALKEEPER, ETC.

The Author

Learned to play the game in Scotland; then to and played in Canada; then to and played in England; back to the States. Played with crack amateur teams in each of the countries.

Took up coaching soccer about 1908 in a more or less advisory capacity with teams of some of the cricket clubs in Philadelphia. In 1910 took active charge of the coaching of the teams at the University of Pennsylvania, developing the game from a very minor status to the classification of a "major sport" at the University, where, from one team, playing ten games in a season to five teams, the schedule embraces games every week from September to and including December. Eight intercollegiate championships have been won by first and second teams at the University, under Mr. Stewart's coaching, as well as several other championships.

Mr. Stewart has been a dominant figure in all matters pertaining to soccer. He is an authority on interpretations of the playing code, and unequaled as an organizer. He is president of the Eastern Pennsylvania and District Football Association since 1913, was for ten years president of the Referees' Association of Phila-

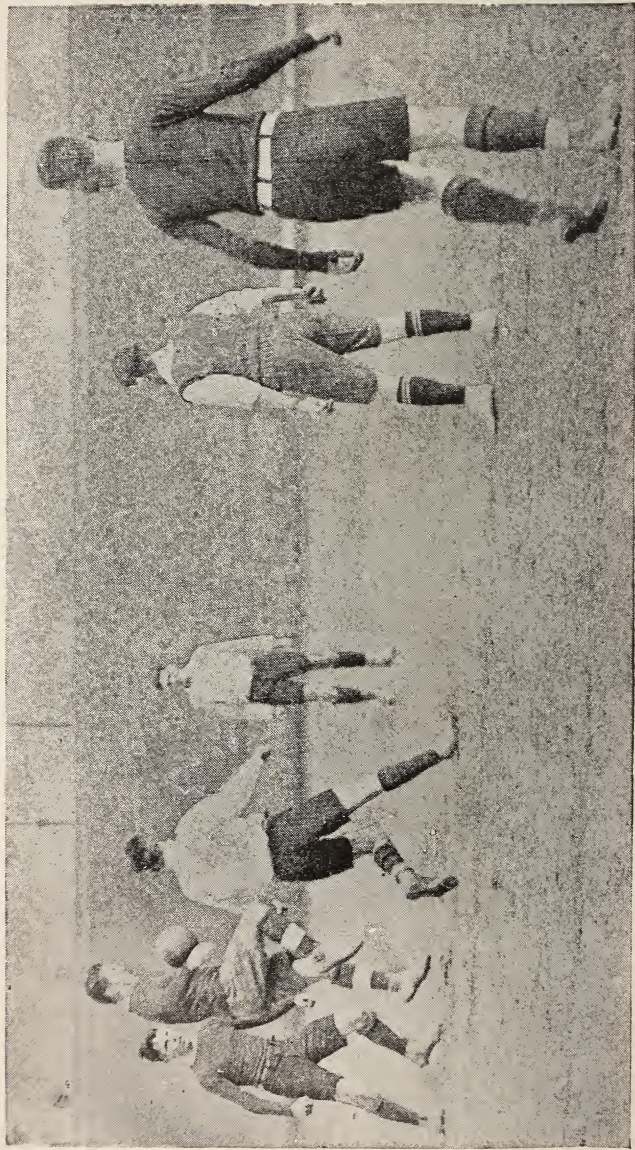


RIGHT HALF-BACK INTERCEPTING PASS AND HEADING BALL TO HIS OWN FORWARD.

delphia, and an officer and leading figure in the United States Football Association. He is also Secretary of the Association Football Committee of the National Collegiate Athletic Association and editor of the annual official guide of that organization. In private life Mr. Stewart is a patent lawyer in Philadelphia.

The publishers consider themselves fortunate in securing the services of Mr. Stewart to write this book of instruction. His unequalled knowledge of the game, combined with his ability to impart instruction, as witnessed by his success in coaching, together with his knowledge of the laws of the sport, render him peculiarly adapted to the task.

AMERICAN SPORTS PUBLISHING COMPANY.



CENTER HALF BREAKING THROUGH AND INTERCEPTING PASS TO FORWARDS BEFORE INSIDE LEFT HAS BEEN ABLE TO CIRCLE AND RECEIVE.

General Qualifications

The ability to play the game of Association football successfully consists in—

Knowing how to kick the ball, not only with the instep of each foot, but with either side of the foot;

Knowing how to trap or stop the ball with either foot or leg or the body;

Knowing how to block or tackle an opponent with the ball, to take the ball from him and feed it to one of his own side who is unmarked and uncovered;

Knowing how to pass the ball to a mate by a long or short pass;

Knowing how to place oneself in position to receive a pass and how to make full use of the pass when received;

Knowing the duties of each player on the team;

Knowing how to work with the other members of the team in order to gain the greatest possible advantage to the team;

Knowing how and when to shoot;

Knowing how to retain control of the ball by dribbling for the purpose of getting a bet-

ter opportunity to pass the ball to a mate or to draw an opponent out of position;

Knowing how to head the ball, not only with the front but with the sides of the head, and in knowing as much or more about the playing of the ball and the game than the other fellow, together with a general knowledge of the rules of the game.

How the Game is Played

The game of Association football (Soccer) is played with a round ball, propelled by the feet, head or body, but not the hands or arms. The goal-keeper is the only player allowed to touch the ball with his hands and that only within a restricted area. Outside of the penalty area he becomes the same as any other player and has no privileges.

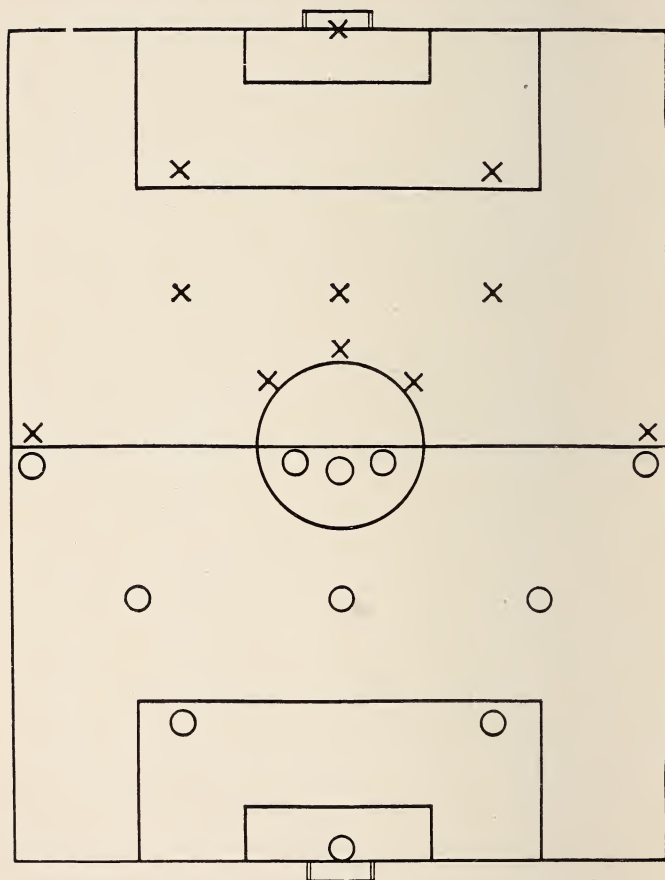
SIZE AND MARKING OF FIELD.

The field on which the game is played can be no less than 50 yards and not more than 100 yards wide and not less than 100 yards and not more than 130 yards long.

The field is marked by boundary lines. The lines at each end are the goal lines and the lines at the side are the touch lines. The touch lines are drawn at right angles with the goal lines. A flag with a staff not less than 5 feet high shall be placed at each corner. It is suggested that the flagstaff be surmounted by a knob in preference to a spike.

A half-way line is marked out across the field of play. The center of the field is marked by a suitable mark and a circle with a 10 yards radius made around it.

DISPOSITION OF PLAYERS AT KICK-OFF.



X—Defending. O—Attacking.

DIAGRAM NO. 1

The goals are upright posts fixed on the goal lines, equidistant from the corner flagstaffs, 8 yards apart, with a bar across them 8 feet from the ground. The maximum width of the goal posts and the maximum depth of the cross-bar is 5 inches.

GOAL AREA MARKING.

The goal area is indicated by lines marked 6 yards from each goal post at right angles to the goal lines for a distance of 6 yards, and these are connected with each other by a line parallel to the goal lines.

PENALTY AREA MARKING.

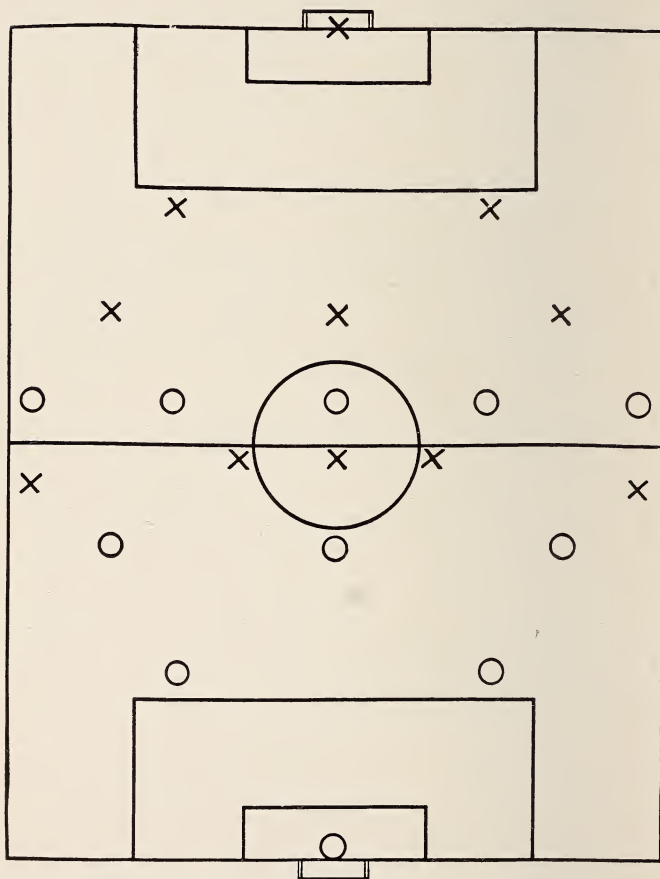
The penalty area is indicated by lines marked 18 yards from each goal post, at right angles to the goal lines, for a distance of 18 yards, and these are connected with each other by a line parallel to the goal lines. The penalty kick mark is indicated by a mark made opposite the center of each goal 12 yards from the goal line.

COMPOSITION OF TEAM.

A team is composed of eleven players :

Goal-keeper,
Two Full-backs,
Three Half-backs,
Five Forwards.

DISPOSITION OF PLAYERS IMMEDIATELY AFTER KICK-OFF.



X—Defending. O—Attacking.

DIAGRAM No. 2

The full-backs are described as Right and Left Full-backs; the half-backs are described as Right, Center and Left Half-backs; the forwards are described as Outside Right, Inside Right, Center, Inside Left and Outside Left.

A game is played by two teams, having as officials a Referee and two Linesmen. The referee has full power on the field as to points of fact and the linesmen are in reality line referees assisting the referee.

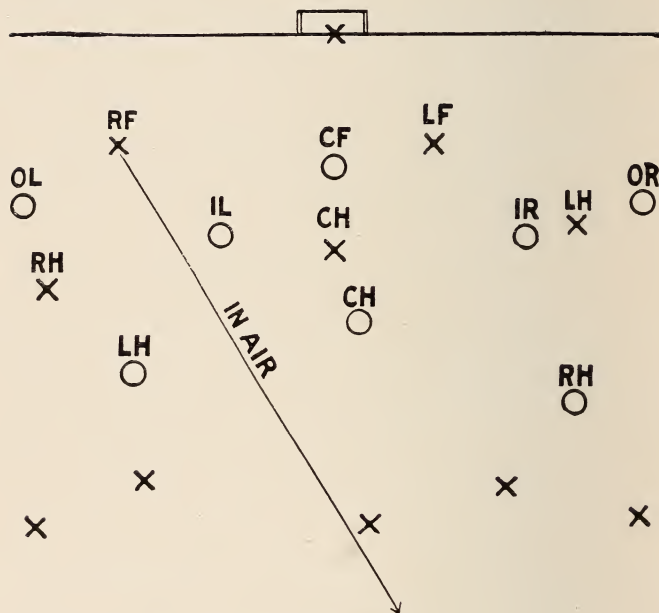
DISPOSITION OF PLAYERS.

The players are placed on the field as follows:

The goal-keeper in the goal; the two full-backs from 15 to 20 yards from either touch-line and just within the penalty area; the wing half-backs almost directly in front of the full-backs, with a space of from 10 to 15 yards between the halves and full-backs, the center half being in the middle of the field, behind the center forward. The forwards, particularly on the side having the kick-off, are placed along the half-way line, with the center forward in the middle, the outside players almost on the touch-line and the inside players from 3 to 5 yards distant from the center forward. (See Diagram No. 1; also Plate No. 1 on page 44.)

The side not having the kick-off cannot approach within 10 yards of the ball, which results in the center forward standing in the mid-

FULL-BACK DEFENSIVE PLAY No. 1



X—Defending. O—Attacking.

Full-back, having intercepted a pass toward center, clears by kicking the ball over to the left wing forwards as they have no opponents in front of them except the full-backs and goal-keeper.

DIAGRAM No. 3

dle of the field on the 10-yard circle, the two inside players somewhere on the circle between the center forward and the half-way line. The outside players occupy positions on the half-way line near the touch line. The halves, full-backs and goal-keeper occupy the same positions as the opposing halves, full-backs and goal-keeper.

DUTIES AND FUNCTIONS OF PLAYERS.

The duties and functions of the respective players are the same on both sides, so one side only will be described.

GOAL-KEEPER.

The goal-keeper is purely defensive in his functions. It is his duty to prevent, so far as possible, the ball going between the goal posts and beneath the cross-bar. Some of the qualifications of a goal-keeper are:

He should be comparatively tall, strong, active, and quick on his feet and with his hands.

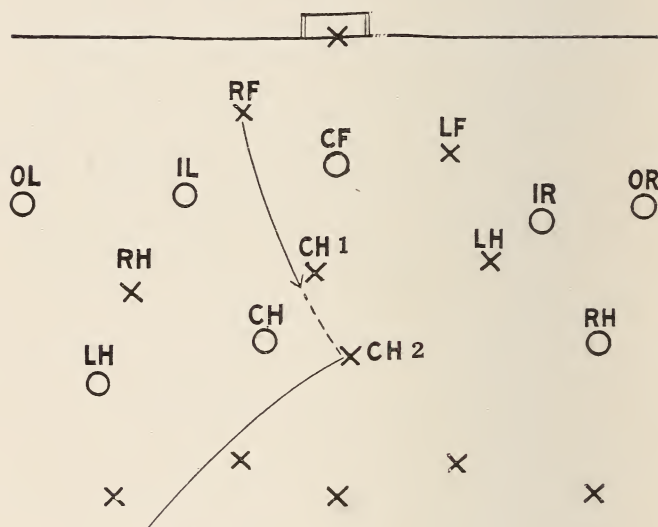
He should have a good eye and an alert mind.

He is expected to be able to pick up the ball and get rid of it quickly by throwing it down the field to one side or the other.

He should be able to punch the ball out with either hand or both hands.

He should not at any time kick the ball unless he is very sure in his kicking, confining himself

FULL-BACK DEFENSIVE PLAY No. 2



X—Defending. O—Attacking.

Full-back having intercepted a wing pass, clears by a low pass to center half at (1) who connects and dribbles to better position (2) and passes to right wing.

DIAGRAM No. 4

in the kicking line to punting the ball when he has plenty of time so to do.

He must at all times get rid of the ball rapidly, because he can be charged while he has the ball in his possession.

He cannot be charged or obstructed when protecting his goal while he is in the goal area.

He may within the penalty area carry the ball for the distance of two steps.

FULL-BACKS.

The full-backs are both essentially defensive players. It is their duty, as it is that of the goal-keeper, to get the ball away from their own goal and feed it preferably to an unmarked forward or half-back.

What is required of the full-backs:

They must be strong, powerful and sure kickers. They must be good tacklers and have some power of anticipating the opponents' moves.

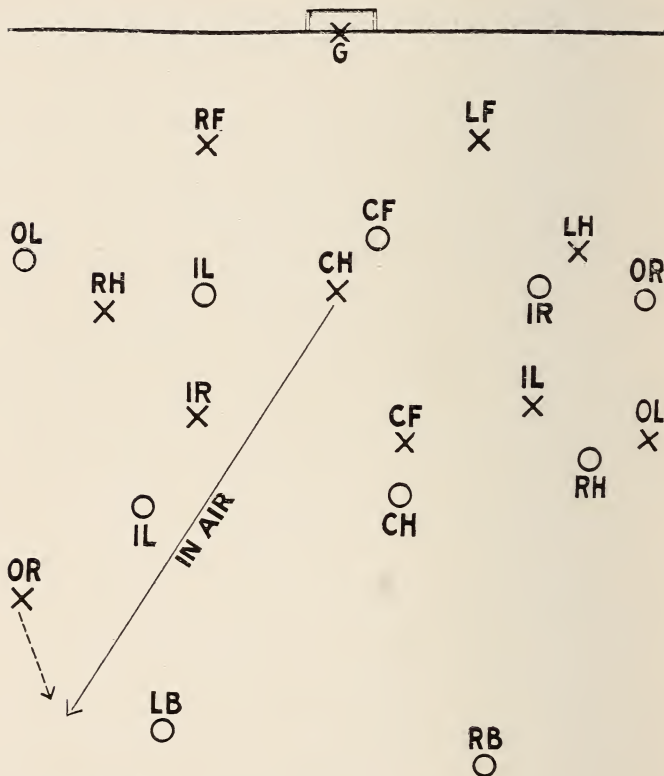
They should be strong physically and sufficiently large to successfully tackle or charge an opponent off the ball.

They should be able to kick equally well with either foot.

They should be the strongest kickers on the team.

They should be fearless in tackling and be able to tackle an opponent, take the ball from

HALF-BACK DEFENSIVE PLAY No. 1



X—Defending. O—Attacking.

In this case center half has intercepted a pass to center forward and makes a wing pass in the air to uncover the right wing forward who moves forward to meet it as the ball lands.

DIAGRAM NO. 5

him and feed it to an unmarked mate lying up the field.

They should also be able to head the ball so that they can connect with it when it is too high to be reached with the feet or chest.

It is the duty also of the full-backs to assist the halves in front of them when they need assistance.

HALF-BACKS.

The half-backs have as their function the containing of the opposing forwards, by anticipating and intercepting their passes and feeding the ball to the unmarked forwards on their own side. They must also support their forwards on attack and assist the full-backs on defense. Half-backs should be only slightly less strong physically than the full-backs, but they should be much quicker on their feet and in thinking.

Essential qualities of first-class half-backs are enumerated herewith:

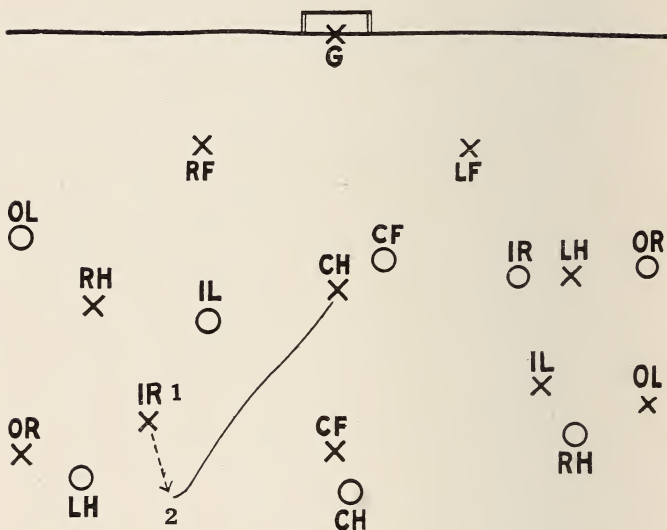
They should be able to use the front and each side of each foot in making passes.

They should be very good at heading the ball with the front and sides of the head.

They must be accurate in their passes, either with the foot or the head.

They should be very good at and fearless in tackling an opponent and recovering the ball and passing it to their own forwards.

HALF-BACK DEFENSIVE PLAY No. 2



X—Defending. O—Attacking.

Center half feeding by short pass. Having taken ball from opposing center forward passes to uncovered inside forward who moves forward from 1 to meet pass at 2.

DIAGRAM No. 6

The wing halves—that is, the right or left half—should be good on throw-ins, which they are usually expected to take.

The center half is the greatest factor of the team in defensive work, controlling himself and his wing halves so as to get the most out of them in breaking up an attack by the opponents, and of utilizing the backs to assist in so doing.

The center half is also responsible for supporting the forwards in their efforts to beat the opposing halves and backs and work the ball into the proximity of the opposing goal. This he does when he breaks up the attack through his wings, recovering the ball and feeding it to his forwards, and particularly to the unmarked and uncovered forwards. (See Diagrams Nos. 5 and 6.) Also, in the forwards' advance, to follow them up, along with his wings, so as to be always in position to support the forwards by feeding to them the ball when recovered from intercepted passes. He swings the ball out to the wings or passes short, as occasion demands.

FORWARDS.

The forwards have as their function the beating of the opposing defense and the shooting of goals. The wing forwards are the fastest players on the team and are used for rapidly

advancing the ball down the wings and at the proper time swinging the ball in towards the center of the field, in front of the goal, so as to give the inside forwards an opportunity to put themselves in position to connect and shoot.

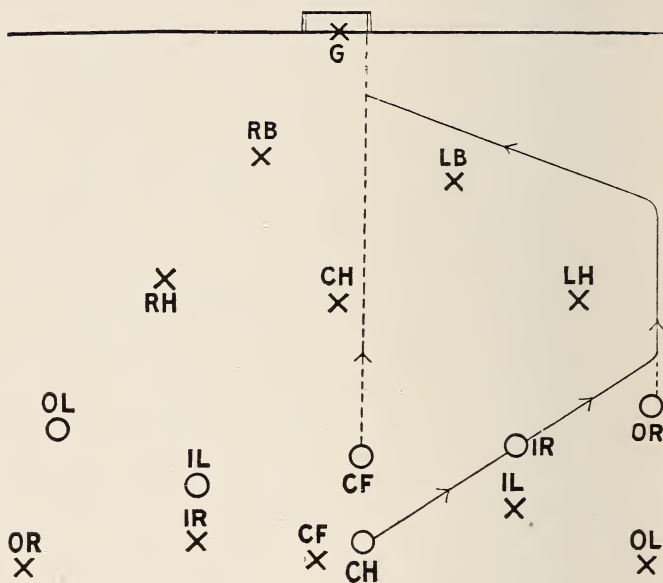
The wing forwards should be careful in centering the ball to place it sufficiently ahead of their inside men to give the man opportunity to connect with it without having to stop or run back to get it. (See Diagrams Nos. 7 and 8.)

Neither one of them has any license to try to shoot unless he should find himself with nobody but the goal-keeper to beat and none of his forward mates in position to shoot.

They are expected to, and should, take the corner kicks on their respective sides, and immediately after taking the corner kick put themselves in position to assist the other forwards in getting the ball through the goal.

The inside forwards, as distinguished from the center forward, are what might be called the fighting forwards or forward halves. In advancing the ball down the field immediately after the kick-off they fall behind the center and outside forwards a distance of a yard or two, so as to be in position to supplement the work of the halves in feeding the forwards, in tackling the opposing halves, in intercepting their passes and feeding the ball either to the center or wing forwards.

OFFENSIVE PLAY No. 2



X—Defending. O—Attacking.

Center half of attack takes ball from opposing center forward and passes to his inside right, who passes to outside right, who carries ball down wing to about opposite left full-back, and then swings ahead to center of field, his center forward running up between backs and connecting with pass, and shoots.

DIAGRAM No. 8

Then, when in the proximity of the opposing goal, they become auxiliary center forwards, being in position to receive and make passes to the center or other inside forward, or, in case of necessity, pass the ball to their wing men and put themselves in position to receive passes from the wings or center forward and convert them into shots at goal.

It is also the duty of the forwards to assist the center forward in making openings for either of the inside forwards or the center forward to shoot.

It is likewise their duty in the taking of corner kicks to put themselves in position to convert the corner kick into a goal and to keep themselves uncovered, so that they may be able to take every advantage given by the corner kick.

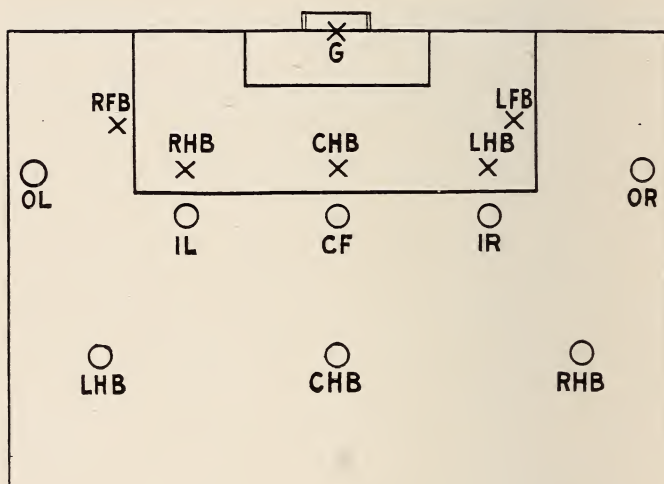
CENTER FORWARD.

The center forward is the key and brain of the forward line. He should be skilful enough to distribute the ball among his forwards to gain the greatest advantage for his forward attack.

Along with the inside forwards he should be adept in trapping, blocking, heading, passing and shooting. He should also be skilful enough to take full advantage of any points of weakness in the opposing defense and utilize his forwards to that end.

OFFENSIVE PLAY NO. 3

ATTACK IN PROXIMITY OF GOAL.



X—Defending. O—Attacking.

Showing disposal of defenders to contain attackers and approximate position of halves supporting attack.

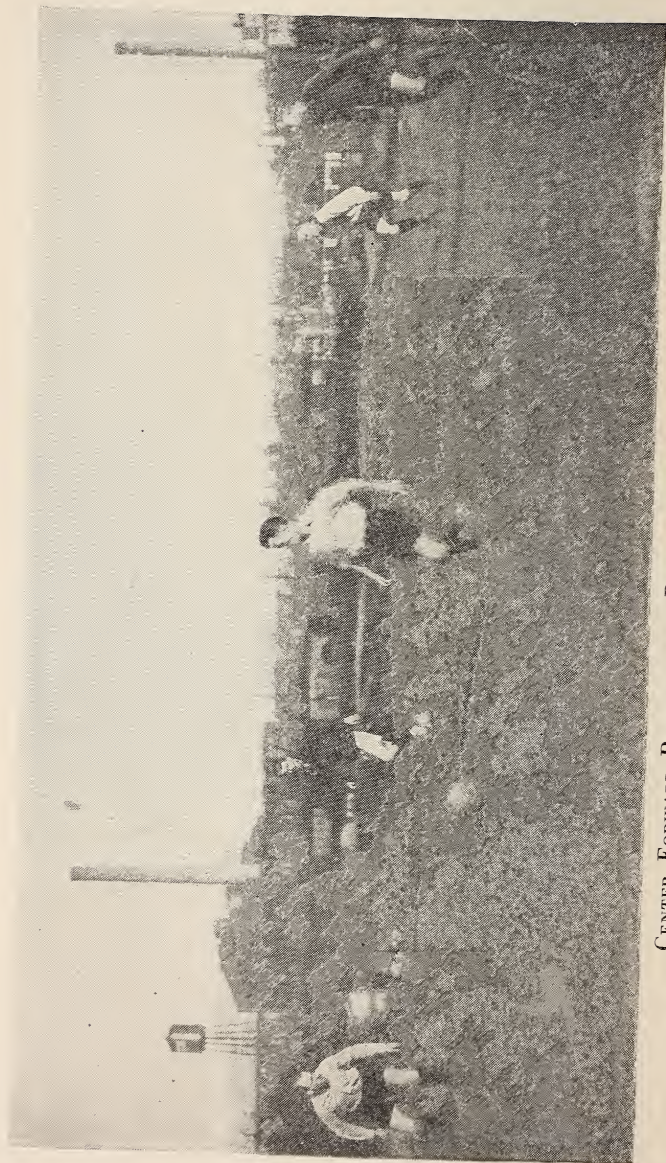
DIAGRAM NO. 9

The center forward occupies a position practically in line with the outside forwards and, of course, ahead of the inside forwards. He should also be able to play in case of necessity either of the inside positions and, in a pinch, either of the outside positions. In short, a good center forward can play anywhere on the forward line.

This faculty is useful in the case of either of the insides being pulled by the exigencies of play into the center position. The center forward immediately puts himself into the temporarily vacant position, and resumes his own position when the pressure has been relieved.

The forwards are, and should be, the fastest players on the team, particularly in their foot speed, and skilled in short inter-passing, trapping, dribbling, and control of the ball.

The forwards always should be careful to pass the ball forward so as not to stop the momentum of the attack, only passing it back to an inside or a half where there is no opportunity of passing it to the side or forward.



CENTER FORWARD PREPARING TO RECEIVE PASS BACK FROM WING.
(Photos in this book by James Stokely, Jr., Philadelphia.)

Playing the Game

BALL.

As to playing the game, the first essential is a good ball. Small or half grown boys should not attempt to play with a full size ball, because it is too large for them, requiring more strength than they have to spare to propel it. For small boys, a small size ball should be used and for those boys who are between the small and adult sizes a medium sized ball should be used. When a boy attains adult size and growth he will then be able to use the full size ball, but not before.

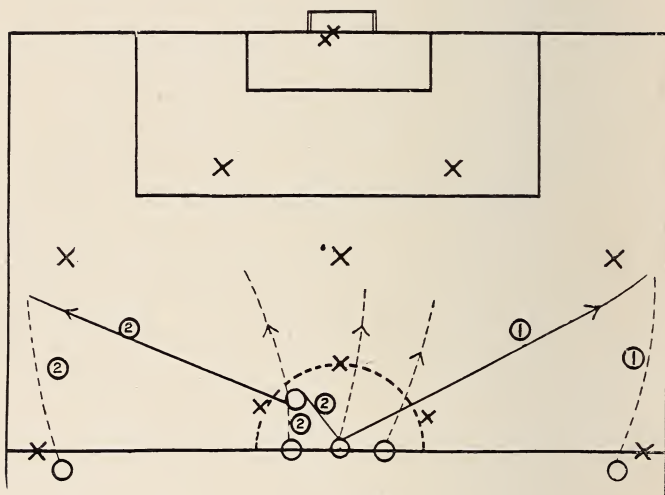
REFEREE.

It is also to be borne in mind that the referee is absolute master on the field, it being his duty to enforce the law and to decide all disputed points, his decision as to points of fact connected with the play being final. The blowing of the referee's whistle is the signal to start or stop play and the play may not otherwise start or stop. Therefore the rule is: After the game has started, when the whistle has blown, keep on playing until the whistle again sounds.

ACTUAL PLAY.

The players being in position and lined up, with the ball in the center of the field, the ref-

METHODS OF KICKING OFF.



X—Defending. O—Attacking.

Two methods of taking kick-off: 1. Center forward kicks ball to right wing who moves up to connect at junction of lines. 2. Center forward passes ball forward to inside left, who moves up to connect and then swings ball to outside left, who moves up to connect at junction of lines. In either case after kick-off three inside men move forward, the inside right and inside left spreading out as they run down field.

DIAGRAM NO. 10

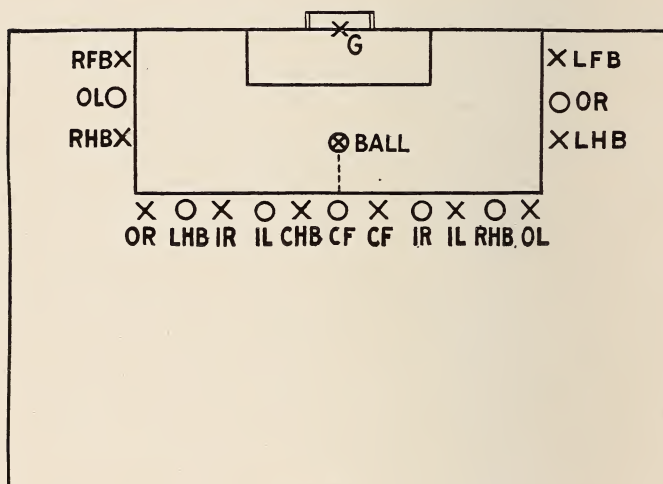
eree blows his whistle and the center forward kicks the ball, propelling it forward a distance of not less than its own circumference, approximately a little over two feet. (See Diagrams Nos. 1 and 2.)

In kicking off, he passes the ball either to an inside or to the wing. In passing to the inside forward he immediately passes either to the outside, or back to center, or over to the other inside, or to the opposite wing. (See Diagrams Nos. 7, 8 and 10.)

In passing to the wing, the outside player receives the ball and either tries to carry it down the field, or, if he is blocked in that direction, passes it to the inside player or to center forward, who receives and passes to where in his judgment is the best place. He may even pass it back to the wing from whence it came, having held it long enough to draw an opponent out of position to enable him to make the pass advantageously.

Having, we will say, passed it to the wing, the wing forward will probably try to take it down the field until he has drawn the back on to him, when he will either trick him and carry the ball still farther and center it, or, if he cannot beat the back, center the ball and give the inside forwards an opportunity to advance it to within shooting distance, when, of course, either one or the other will try to shoot.

DISPOSITION OF PLAYERS AT PENALTY KICK.



X—Defending. O—Attacking.

All of players outside penalty area but inside field of play. There is no set rule as to disposition of players outside of penalty area, the placing of the players being largely within the discretion of the captains but the disposal indicated above has many advantages.

DIAGRAM No. 11

Where a winger in possession of the ball wants to pass it ahead to the center of the field when he has opponents between him and the place he wants to put the ball, he will raise it over the heads of the opponents, only passing it low or on the ground when there is no opponent sufficiently near to intercept the pass.

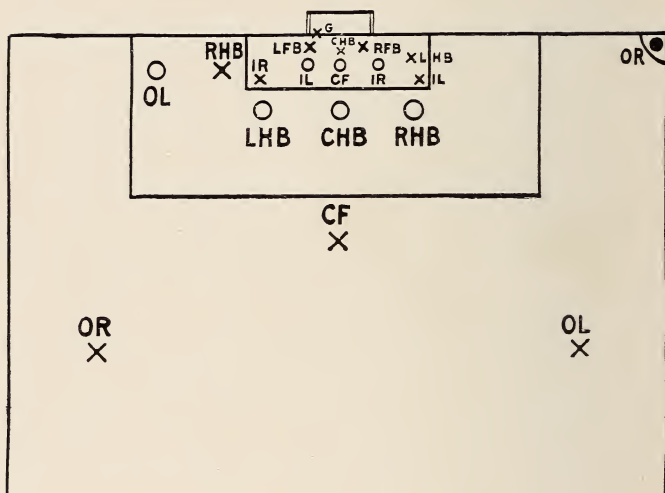
It is poor play to indulge in too much inter-passing in front of goal, because it gives the defense an opportunity to get into defensive position and thus neutralize any advantages gained in the rapid advancing of the ball to within shooting distance.

The inside forwards should place themselves in position to receive the pass, so that they can immediately either take a shot at goal or pass to a mate who is in better position to shoot.

It sometimes happens that when the pass is received by the shooting forwards they are unable to shoot by reason of the defense covering the goal. In such a case it is good play to pass the ball back to a half, who will hang on to it long enough to draw some of the defense away from the mouth of the goal, when, the defense being pulled away, the ball should be immediately passed to the forward in best position to shoot.

The shot being taken, the inside forwards follow up closely, so that in case of a fumble by the defense the attack is in position to take

DISPOSITION OF PLAYERS AT CORNER KICK.



X—Defending. O—Attacking.

It will be seen that the defenders each cover an attacker and that the defending center forward and outside men lie clear to take advantage of a clearance; the inside men lying in position to defend and assist in clearing. The goal-keeper also being shown as at the far end of the goal so as to be able to see all action in front and act accordingly.

DIAGRAM NO. 12

advantage of it and make another effort to shoot.

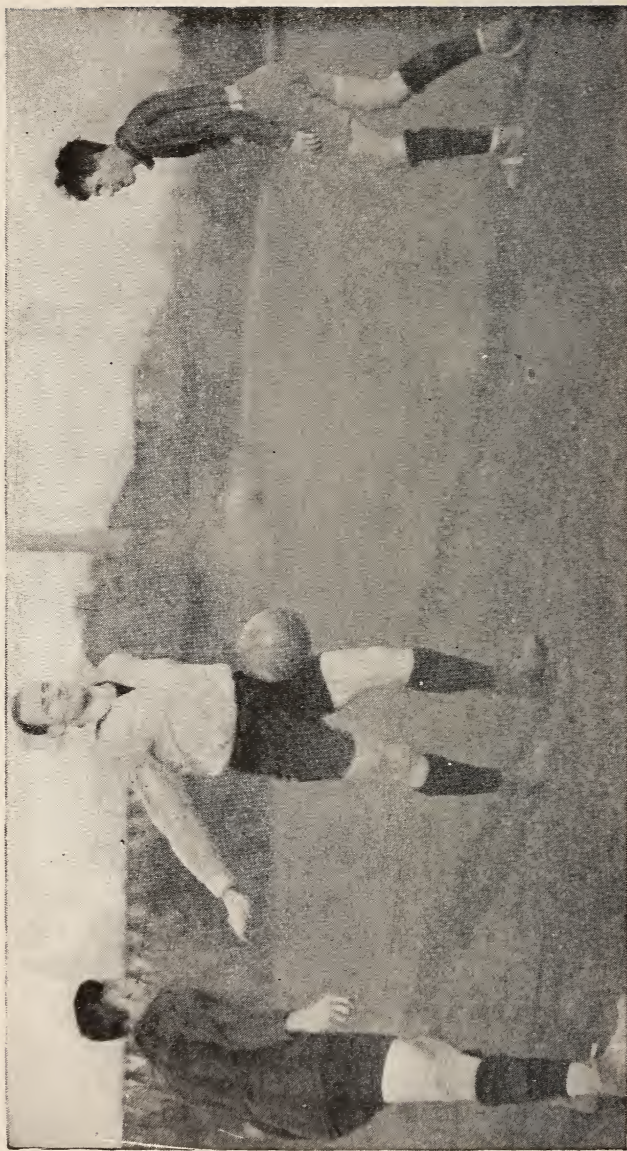
It follows, of course, that as the forwards advance in the attack, the halves also will advance, preserving practically the same relative distance behind the forwards as when the play started. (See Diagram No. 9.)

The full-backs also advance with the halves, but more slowly and on two lines; that is, one of the full-backs goes up the field, working to one side or other of the lengthwise center of his part of the field; the other full-back also advancing in the same relative position in his part of the field, but always well behind the line of the other full-back and always with such freedom as to enable him to fill the other full-back's position in case he gets pulled out of position.

The full-backs should always bear in mind that they must not get so far out of position as to be unable to get back to position before an opponent can get into the territory of the position.

When it comes to defense the halves must be always in such position that they can act as full-backs in case the full-backs are pulled out of position, particularly the half-back on the same side as the full-back who is pulled out.

The full-backs also must bear in mind that in defense they should give the goal-keeper every



OUTSIDE RIGHT HAVING PASSED TOWARD CENTER, HALF-BACK INTERCEPTING BALL AND BREAKING THROUGH
BETWEEN OUTSIDE AND INSIDE RIGHT AND CLEARING.

opportunity to see the ball and avoid crowding him in their efforts to assist in defending.

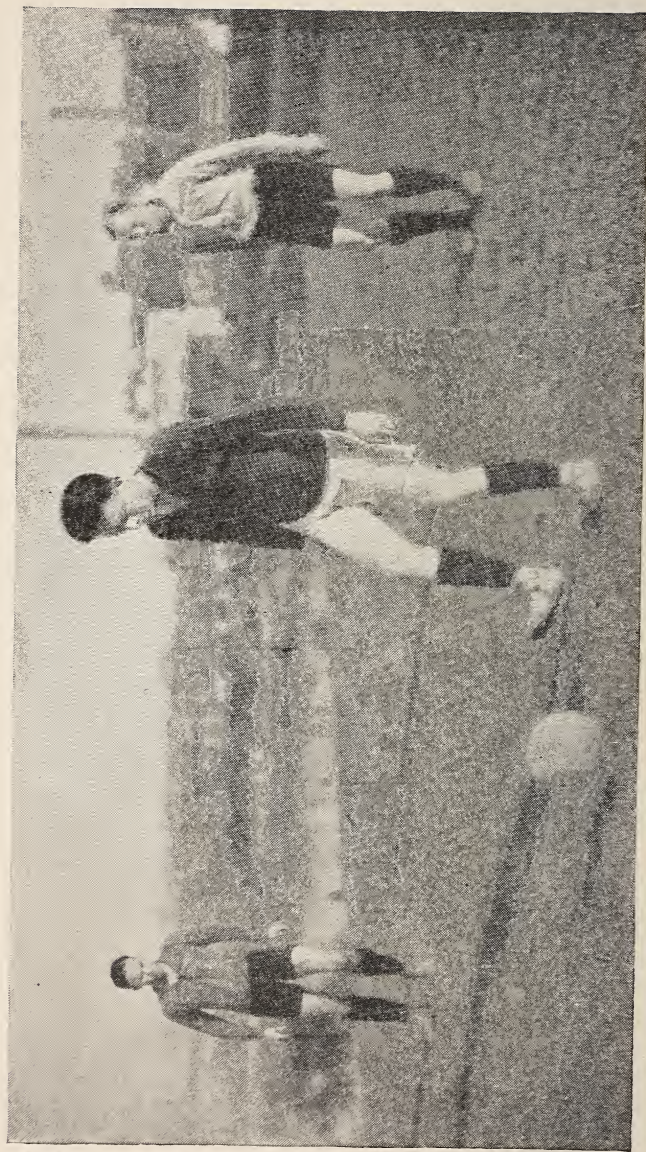
In case of the ball going over the goal line on a shot at goal, a goal kick is given in that part of the goal area nearest to where the ball went over the line. This kick is taken either by the goal-keeper or one of the backs and sent as far down the field as possible, so that the forwards can connect with it and endeavor to take it down the field by interpassing to position to shoot, when, of course, a shot should be taken.

In case the ball goes into the net, a goal is scored and the game is restarted from the center of the field, as in the start, the kick being taken by the center forward of the side against whom the goal was scored.

At the restart, after half time, the opposite side to that which had the kick-off at the start of the game has the kick-off.

In case the ball should go over the touch line during the course of play, the other side to that which kicked it out has the throw-in. This is usually taken by the wing-half on that side and in taking the throw he must see that he has some part of both feet on the line when he throws the ball in, which should be done with both hands from the back of and over his head. He must also face the field of play in making the throw.

In case the play is at any time stopped for the giving of a free kick until the ball is kicked,



FORWARD LIFTING FOOT TO TRAP BALL WITH SOLE OF FOOT.

none of the players on the side not having the kick may approach within 10 yards of the ball.

This rule applies in all free kicks, except in the case of the free kick called a penalty kick. In this case all the players must stand outside the penalty area (as shown in Diagram No. 11), but within the field of play, except the player who takes the kick, who is allowed to come within the penalty area to the spot where the ball is and take the kick.

Until the kick is taken the goal-kicker must not advance beyond the goal line. As soon as the kick is taken, the restriction on the goal-keeper and the other players is removed and they can move into the penalty area.

In case the ball is kicked over the goal line by one of the defending side, a corner kick is given to the opponents. This kick is taken from a spot within a yard from the corner, at which the goal and touch lines join, on the side of the field where the ball went out of the field.

The rule as to opponents approaching the ball applies in this case as in other free kicks. To score from a corner it is necessary that the ball should be played by another player before it passes between the posts and under the bars. See Diagram No. 12 for proper placing of players on both sides.



PLATE No. 1
KICKING—START OF KICK.

Qualifications of Players

Goal-keeper.

Should be large and strong, though not necessarily heavy in build.

Should be quick on his feet, mentally alert.

A good judge of distance and motion.

Be a good thrower, with a good punch and, in case of necessity, a good kick.

Not easily disconcerted.

Full-backs.

Should be large, fearless and strong, with good powers of blocking, tackling and trapping.

Also able to head and have a sure strong kick.

Some sense of anticipation, with good speed for a short run and quick on his feet.

Half-backs.

Of moderate size, quick thinkers. Aggressive.

Well balanced on the feet.

Have full control of ball in any direction within any reasonable height.

Able to block, tackle and trap and head with the front or either side of the head.

Kick or pass with the front of or either side of either foot.

Large powers of anticipation and consequent ability to intercept passes to or from opponents and to receive passes from mates.

Should be able to make long kicks occasionally and to at all times pass accurately, high or low, long or short, fast or slow.

Should also be able to dribble to some extent.

Forwards (Center and Inside).

Should have all the qualifications necessary for half-backs, supplemented by ability to shoot and to receive and make accurate short passes; good dribbling ability.

Should also have a high degree of balance.

Forwards (Wing).

Should be the fastest players on the team, with high powers of dribbling, trapping on the run and ability to center the ball with accuracy while traveling at high speed.

They should to a large extent have the qualities of the inside forwards, so as to be able at times to interchange positions with them.

Duties of Players

GOAL-KEEPER.

Always stand about a yard in front of goal line when ball near goal.

Stand on the goal line when a penalty kick is being taken.

Catch ball with both hands and get rid of it rapidly, down the field and to one side or other—never straight down the field.

Punt when opportunity presents itself.

Never kick unless sure kick and no other means of getting rid of ball is available.

Work always in conjunction with full-backs.

FULL-BACKS (Right and Left).

Always meet ball.

Do not hesitate in action at any time.

When unable to block do not hesitate to tackle and, if necessary, charge opponent off ball.

Always kick ball in clearing to unmarked mate in forward line, if possible.

In clearing, swing ball to opposite wing from that in which received.

Head ball when it is too high to be kicked or breasted.

Work with goal-keeper, always giving him plenty of room, and work with half-backs.

Stand by to tackle opponent when half is beaten.

Never get so far away from position that you cannot get back to it before an opponent.

Have a definite understanding with half-back as to which opponent he and you will mark.

Have a definite understanding with other full-back as to lying up field or falling back.

Always back up other full-back to extent of getting nearer to his position without endangering your own position.

Bear in mind that your first duty is to get the ball away from the proximity of your own goal and use all fair means to do so.

Neither back should ever be over halfway line.

HALF-BACKS.

Have the definite duty of containing the opponents by anticipating and intercepting their passes and, having done so, of feeding the ball to their own unmarked forwards.

Center half specifically marks the opposing center forward and the wing halves mark the opposing inside or outside forward.

The rule is, if the outside men are the best of the opposing wing forwards they shall be covered by the wing halves, and the inside forwards are covered by the center half and the full-backs.

The halves move up as the forwards advance and fall back as the forwards come back, even to the extent of assisting the full-backs on the defense.

The halves at all times work with the forwards, keeping them fed with the ball which has been recovered from the opponents.

Like the backs, the halves must always meet the ball.

Must never hesitate in making definite moves in the shape of blocking with the foot or body, tackling or charging the opponent off the ball.

They must not hesitate to use the head in propelling or diverting the direction of the ball.

They must also feed their forwards by short, accurate, diagonal passes and must always feed the forwards in such manner that the passes can be received without stopping or turning around.

They must know how to trap or block the ball by foot and to pass by foot or head accurately.

The center half not only must contain the opposing center forward, but be in position to feed his own center forward and to act as an extra full-back when required.

FORWARDS.

Center forward is the pivot and leader of the forward line.

He must detect and take advantage of the weak spots in the opposing defense and use his wings accordingly.

He must, as occasion demands, open or close up his attack and distribute the ball accordingly.

He must make openings for his inside mates to shoot and he must at all times lead the attack and not hesitate to shoot when the opportunity presents itself.

He must try to beat the opposing center half particularly and also the full-backs.

He must be able to receive and make short low passes and long high passes on the run.

He must always be in position to receive passes of any kind from the halves and his inside and outside forwards.

Inside forwards are the fighting members of the forward line, or, in other words, act as the forward halves, to supplement the work of the halves in feeding the center and outside forwards.

They must also, when the ball gets within shooting distance of the goal, be able to shoot and convert short or long passes from the wings and short passes from center into goal shots.

They must also assist the halves in defense when the opposing forwards get through.

WING FORWARDS.

Have the special duty of rapidly advancing the ball down the wings and of swinging it into

center when they have drawn the defense out of position.

In centering, they must swing the ball ahead, to give the inside forwards an opportunity of connecting with it on the run.

They should not try to shoot unless there are no other of the forwards in position to take advantage of the pass toward center and when there is no one of the defense in front of or near him except the goal-keeper.

They take the corner kicks and should try to place the ball about the penalty kick mark.

They should be able to receive a long or short pass on the run and either immediately swing it forward toward the middle of the field or carry it down the line until the defense is pulled out of position and then "middle" the ball.

It follows, therefore, that all the forwards should be good at trapping, blocking, heading, passing, tackling, charging, and dribbling and, with the inside and center forwards, shooting.

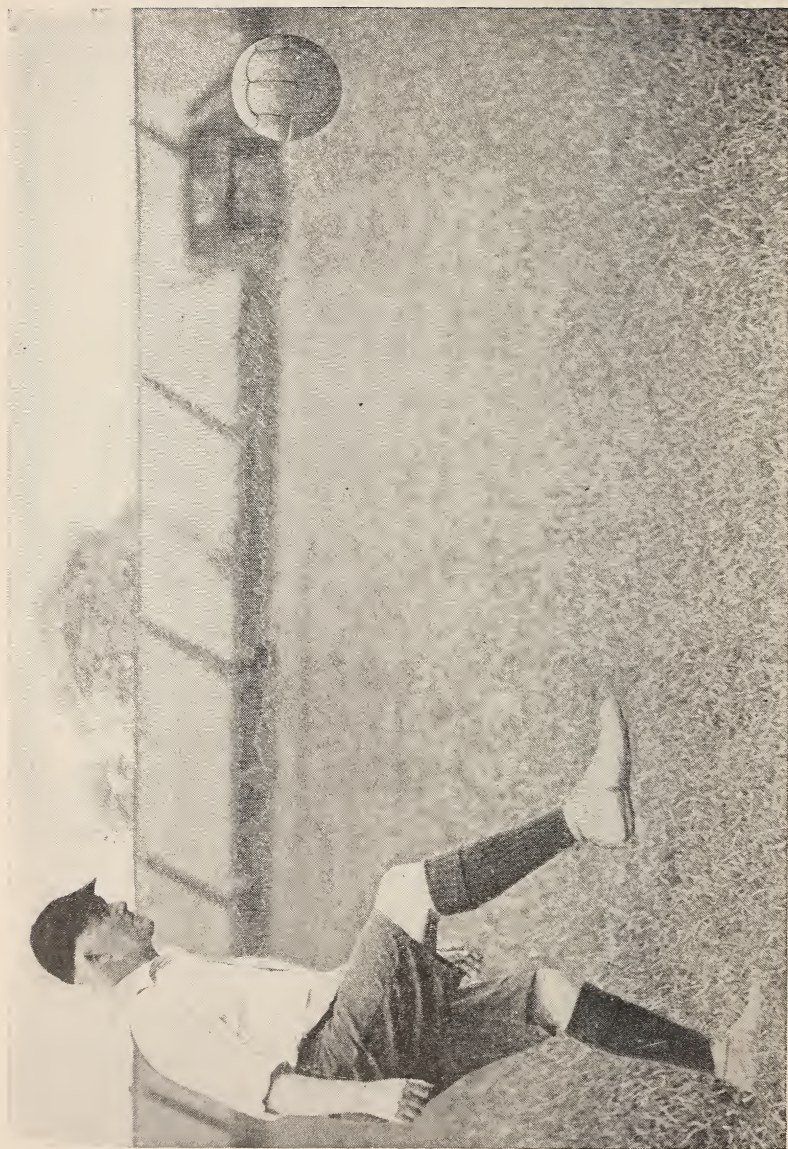


PLATE No. 2
KICKING—FINISH OF KICK.

Art of Kicking

One of the most important parts of an embryo player's qualifications is his ability to kick the ball with his foot.

Kicking with the foot does not mean kicking only with the toe.

A player who uses only his toe in propelling the ball never has any definite idea of just where the ball is going.

It requires the highest degree of skill to kick the ball in a definite direction with the toe and that skill is only acquired by learning how to kick the ball correctly with the *instep*.

There are several ways of kicking the ball with the instep, but the easiest way is to kick standing on the toes of the foot on the ground. The higher the heel is off the ground the more room there is for the toe of the kicking foot to go down and let the instep come in contact with the ball.

The exact distance which the standing foot must occupy in relation to the ball can be determined only by practise. As a basis, however, the following rule will be found very useful:

Place the ball on the ground, then put the standing foot on the ground with the top of the big toe in line with the horizontal center

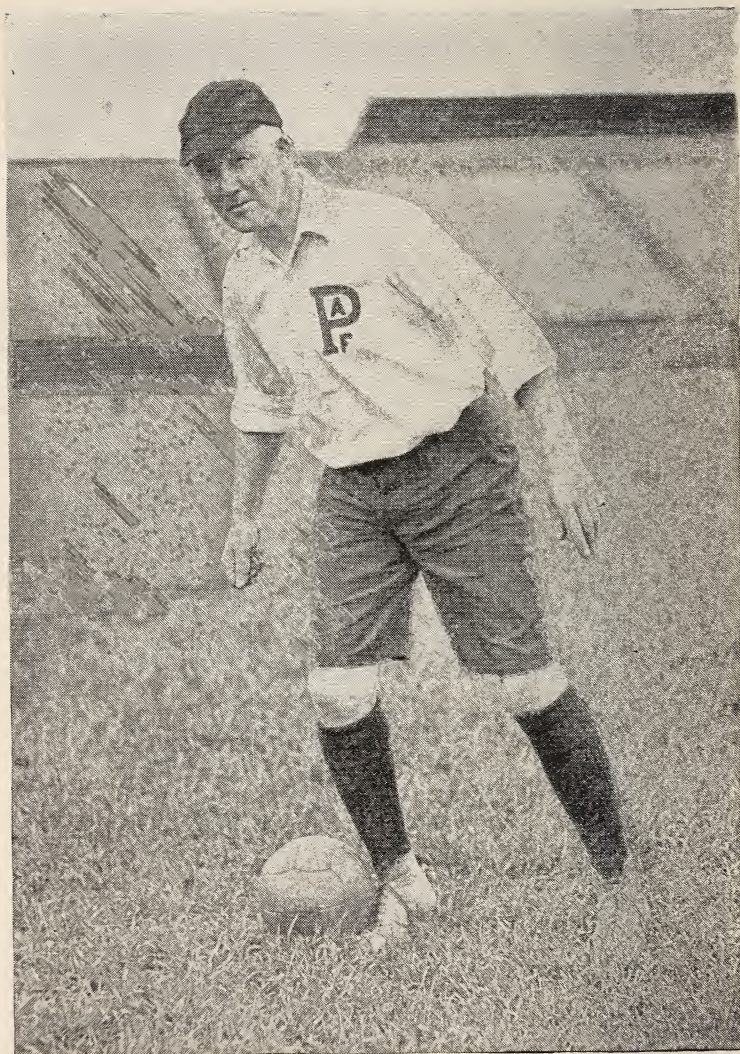


PLATE NO. 3
PASSING WITH OUTSIDE OF FOOT.

of the ball (see Plate No. 1) ; then raising the heel as high as possible, let the kicking foot—swinging from the hip with the knee slightly bent and the toe down as far as possible—come through with the instep in contact with the ball.

The action of rising on to the toes and letting the kicking foot swing forward, will bring the body forward without any definite effort. It will enable the kicking foot, in the course of its swing, to propel the ball forward and allow the foot to come naturally to ground with the balance preserved, while the other foot only needs bringing forward in a natural way to put the player in position to take another kick at the ball. (See Plate No. 2.)

The ball without any effort will have been sent forward a short distance in a straight line simply by the weight of the foot swinging through.

After the would-be player finds the approximate position for his standing foot he can exert a little strength in the effort to propel the ball, increasing the effort until he can make a good standing kick.

After he has acquired the knack of kicking the ball on the ground he must next acquire the knack of kicking it with the instep off the ground while it is in flight. This is easy after he has acquired the art of kicking on the



PLATE No. 4
PASSING WITH INSIDE OF FOOT.

ground and simply consists in raising the foot by lifting the knee and gauging the distance between the foot and the ball, so that the foot in making the swing will meet the ball properly.

It is well to acquire the art of kicking freely with either foot. The possession of this ability will be found to be a wonderful timesaver.

After acquiring the ability to kick with the front of either foot, it will be well to acquire the art of using either side of either foot in making short low passes to either side of the field; first, while standing, and then while running. (See Plates Nos. 3 and 4.)

Kicking short and low to the side with the front of the foot is like taking a heavy hammer to drive a tack and is, of course, not only very clumsy but prevents an otherwise fast player from being speedy in passing.

CONTROL.

Having learned how to propel the ball by the foot, the next important accomplishment is the ability to stop and control the ball, therefore it is necessary to know how to trap the ball.

There are quite a number of ways of trapping the ball; three of the simplest are the following:

1. Receiving the ball on the stomach.
2. With the inside of the foot and leg below the knee.
3. With the sole of the foot.

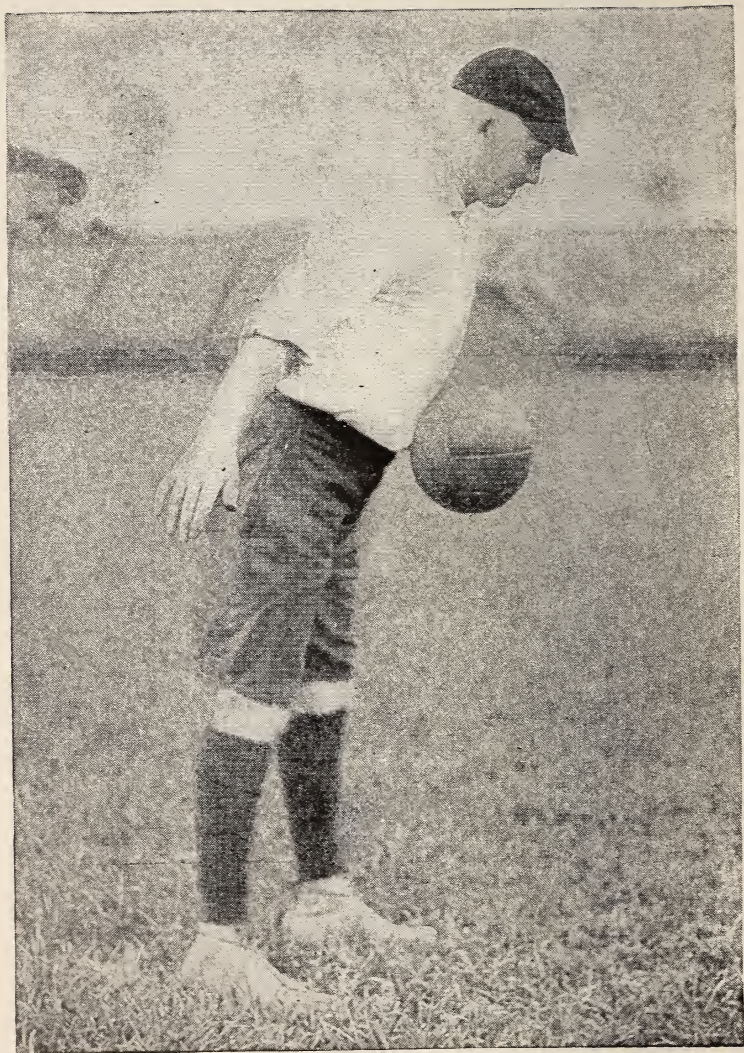


PLATE No. 5
TRAPPING WITH THE BODY.

The first method is most useful in receiving a ball traveling waist high, either in flight or rising from a bounce, or generally when the ball is about three feet off the ground.

The manner of receiving is to let the ball hit the body and immediately draw in the abdomen, expanding the chest, and, bending slightly forward. The spin on the ball is killed and the ball drops to the ground in front of the feet ready to be kicked by either foot. (See Plate No. 5.)

This method of trapping is also useful in receiving a ball descending from a height, without the intention of killing it.

The second method of trapping is, when the right foot is used, by putting the foot at right angles to the line of direction of the ball, raising the heel and bending the knee slightly inward toward the left leg. (See Plate No. 6.)

The ball, if traveling on or close to the ground, is caught in the angle formed by the leg with the ground. The forward inclination of the leg throws the ball to the ground at the foot and puts it in position to be kicked by the left foot without any loss of time.

Of course, this trap sounds easy and it is easy, when, after sufficient practise, the necessary quickness and timing is acquired.

The third method is the use of the sole of the foot; that is, by elevating the foot say about six

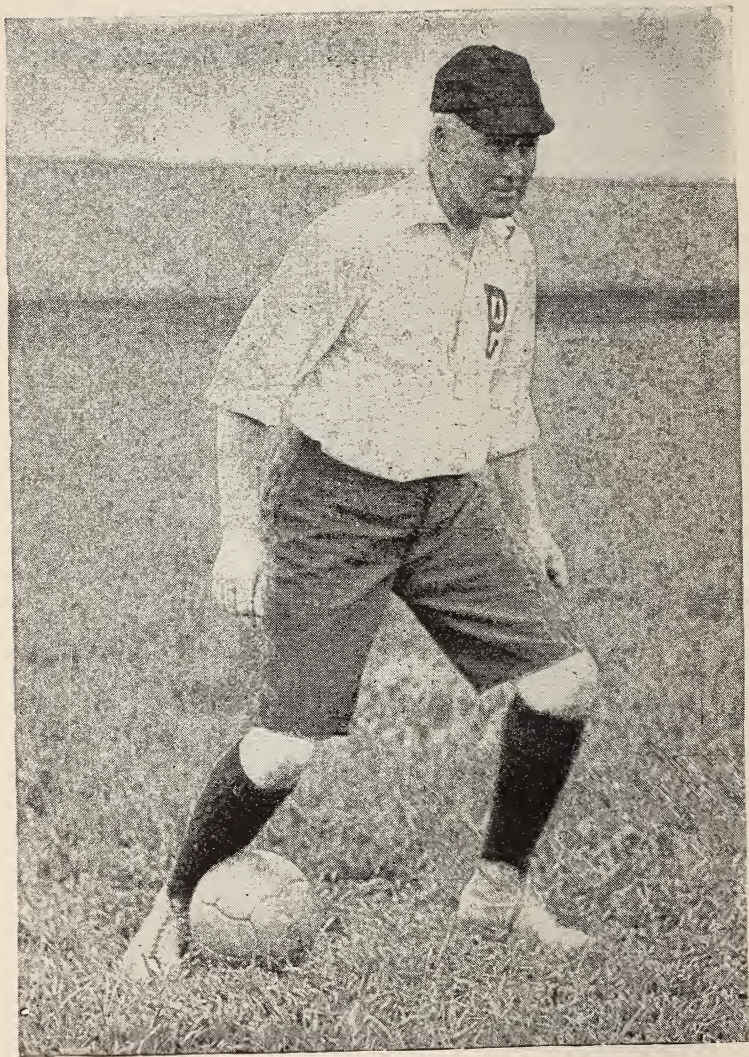


PLATE NO. 6
TRAPPING WITH INSIDE OF FOOT AND LEG.

inches from the ground and elevating the toe sufficiently to let the ball come under the foot, and when the ball is there immediately putting the foot down on the ball. (See Plate No. 7.)

This method requires very quick action and accurate timing and is useful in trapping a ball traveling on the ground or a ball coming in contact with the ground on a bounce.

Constant and assiduous practise is necessary to acquire skill in trapping.

Blocking is another phase of control which is essential in playing the game, and consists in blocking the ball and blocking an opponent in possession of the ball.

Blocking the ball calls for the exercise of trapping as well as putting the body, the legs, or feet directly in the course of the ball and thereby gaining control of it and diverting its course.

"Blocking an opponent" does not mean coming into physical contact with him, but rather, getting in his way to prevent him getting into position to receive or make a pass, or to force him to pass in a different and less effective way than he intended.

"Tackling an opponent" does not mean coming into physical contact with an opponent, but does mean taking the ball away from him.

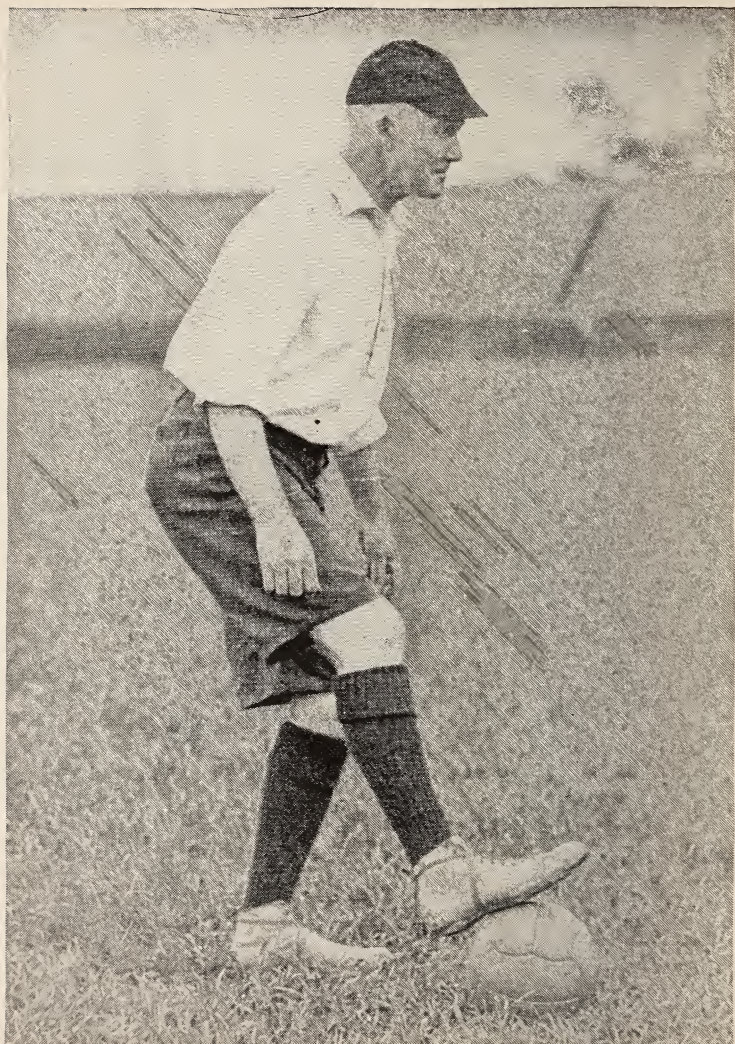


PLATE No. 7
TRAP WITH SOLE OF FOOT.

There are many forms of tackling, one of them is advancing closely toward an opponent with the ball, particularly a dribbler and hooking the ball to the side away from him or trapping it between his legs.

The tackler has to be careful, in hooking the ball from an opponent, that he does not get too close to him and in the effort to hook the ball succeeds in tripping the opponent, which, of course, is not allowed.

"Charging an opponent" is a form of play indulged in when the player is unable to obtain possession of the ball by blocking or tackling. While charging is permissible under the laws, it must not be violent or dangerous, and must not be indulged in when the opponent is not in possession of the ball or sufficiently close to it to be likely to get possession of it.

A fair charge is given with the shoulder and with at least one foot on the ground. The player who charges with both feet off the ground is guilty of "jumping," which is not permitted.

An opponent cannot be charged when he has both feet off the ground, or in the back, unless he is intentionally obstructing a player, and it is the duty of the player to be very sure that the opponent is intentionally blocking him when he charges him in the back.

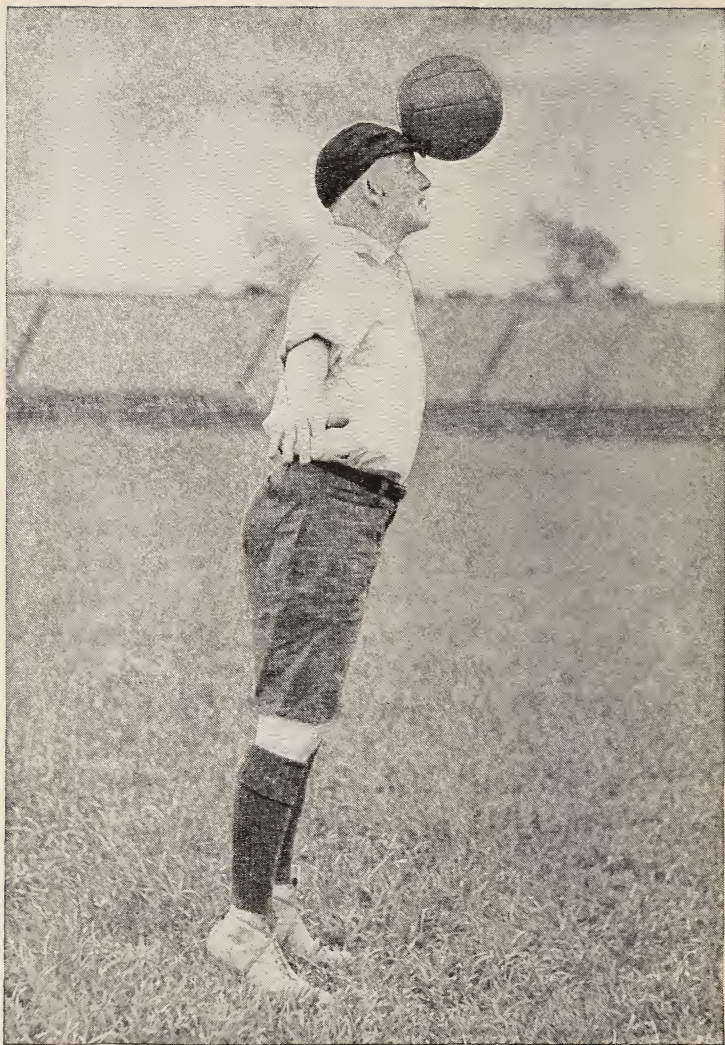


PLATE NO. 8
HEADING WITH THE FRONT OF THE HEAD.

A very useful and, in fact, necessary accomplishment in playing the game, particularly with the backs and halves, and quite as useful in the forward line is the art of "heading" the ball.

"Heading the ball" is receiving the ball at the top of the forehead, allowing the head to yield slightly on impact and immediately throwing the head, so to speak, in the direction in which it is desired to make the ball go. (See Plate No. 8.)

It is better to practise heading with a comparatively soft ball until the player acquires the necessary confidence.

After the player has acquired the ability to head the ball with the front of the head, he can practise heading with either side of the head, the point of contact being on a line with the point of contact on the front of the head.

Passing with the side of the head answers the same purpose with a high ball as using the side of the foot with a low ball. (See Plate No. 9.)

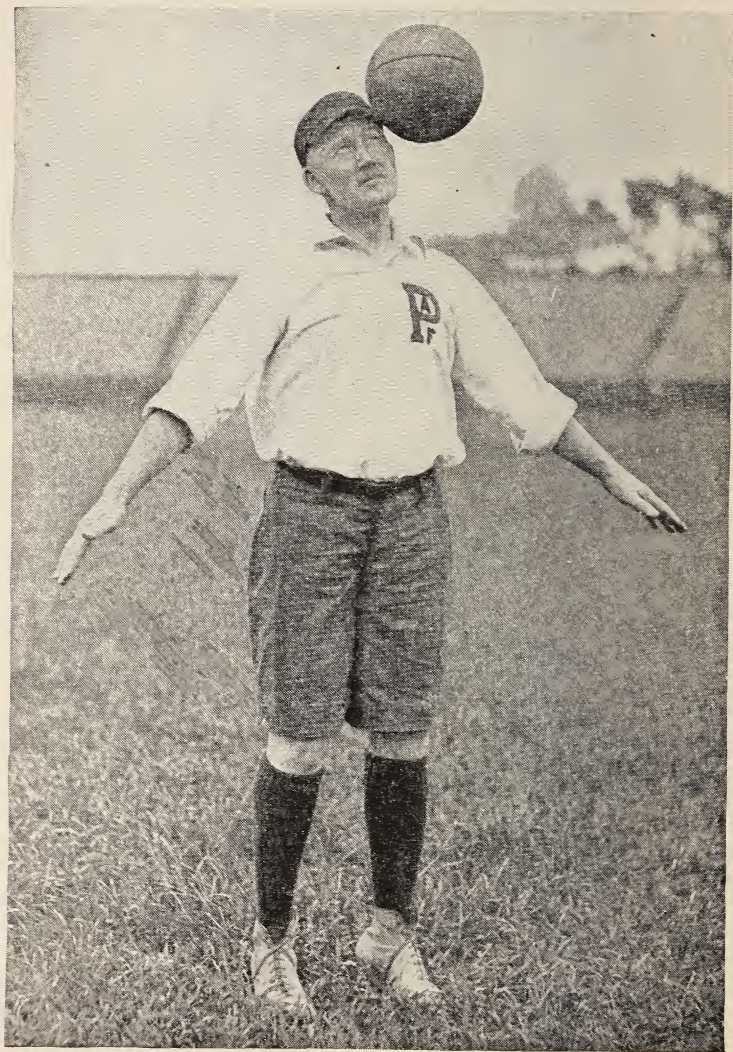


PLATE No. 9
HEADING WITH THE SIDE OF THE HEAD.

Notes on the Laws, including Off-side and the Giving of Free and Penalty Kicks

Every player has at some time or another been blown offside. To many the application of the rule is a puzzle; careful study of the rule will show that it is a very simple matter.

Fundamentally, if a player is not behind the ball when it is last played he must have three players between him and the opposite goal. Therefore, if a player finds himself between the ball and the opponents' goal he should see to it that he has three opponents between him and the opponents' goal, and if he finds himself ahead of the ball and without three opponents between him and their goal, he must not touch the ball himself, nor in any way interfere with an opponent or with the play.

The player, however, is not out of play when the ball is kicked off from goal, when a corner kick or a throw-in is taken, or when the ball is last played by an opponent, or when he himself is within his own half of the field of play at the moment the ball is played by any player of the same side.

A player once off-side cannot put himself on-side. This can be done for him only in three ways: if an opponent next plays the ball; if

he is behind the ball when it is next played by one of his own side; or if he has three opponents between him and their goal line when the ball is played by one of his own side farther from the opponents' goal than himself.

Another point in connection with off-side is that if the player is on a line with or behind the player of the ball when it is played, he cannot be off-side, but if he is in front of the player he is liable to be off-side. Also, a player following up another player of his own side who has the ball cannot be off-side.

The ball is out of play when it has crossed the goal or touch line, either on the ground or in the air.

When the ball is in touch, a player of the opposite side to that which played it out shall throw it in from the point on the touch line where it went out of play. The player throwing the ball must stand on the touch line facing the field of play, and shall throw the ball in over his head with both hands in any direction, and it shall be in play when thrown in.

This law is complied with if the thrower-in has some part of both feet on the line when he throws the ball. A goal cannot be scored from a throw-in and the thrower-in cannot play the ball a second time until it has been played by another player.

A corner kick is given when the ball is played over the goal line by one of the defending side. The corner kick is taken by one of the opposite side from a point within a yard from the nearest corner flag to the place where the ball went over the goal line.

A goal cannot be scored direct from a corner kick; the ball must be played by another player.

No player can approach within 10 yards of the ball in taking a corner or any other free kick. Free kicks comprise the kick-off, goal kicks, corner kicks, kicks given for tripping, kicking, striking, jumping, handling, knocking on, holding, pushing, charging from behind, playing the ball a second time before it has been played by another player, after throwing in, taking a free kick or a penalty kick, off-side, carrying by goal-keeper, charging goal-keeper at wrong time, the charge being otherwise fair, playing the ball before it has touched the ground after being dropped, ball not kicked forward from a penalty kick, improper throw-in or dangerous play.

Goals can be scored direct from a free kick given for tripping, kicking, striking, jumping at, handling, knocking on, holding, pushing, violently or dangerously charging an opponent, or charging an opponent illegally from behind.

Penalty kicks are given for the commission within the penalty area of the offenses for

which free kicks are given from which goals can be scored direct.

Players can be sent off the field for wearing shoes which are not in strict accordance with the law; that is, shoes in which the nails are not flush with the leather; shoes having metal plates or projections; shoes with bars on the soles or heels which do not extend from side to side of the shoe, that are less than one-half inch wide, more than one-half inch deep and are not transverse and flat; or shoes with studs on the soles or heels, not round in plan, less than one-half inch in diameter, more than one-half inch deep and conical or pointed.

The law also forbids the use of metal clips or buckles, etc., that are dangerous, either on the shoes or shin guards.

The Referee is absolute master on the field. Do not bait him or question his decisions. He has the power to send you off the field.

Do not indulge in unnecessary rough play. The Referee can send you off for doing so.

Read and understand the rules of the game.

Play the game fairly at all times under all conditions.

Sportsmanship

One of the essential elements in the playing of any game in competition, friendly or otherwise, is the faculty of playing the game in a fair manner. The exemplification of this spirit is the application of the golden rule: "do unto others as you would be done to."

Playing of games is primarily for the physical benefit derived from the physical and mental activity inherent to the playing. It is not the object of any sport or game to damage an opponent, but rather to defeat him by a higher degree of skill with the feet in the soccer game and greater mental activity.

Too often do we see in a contest where the opponent is of inferior skill a strong tendency to indulge in brute force or sheer strength to make up for the deficiency in skill. This is altogether wrong and should not be allowed by any one in charge of a game.

The principle underlying sportsmanship is to play the game according to the rules, playing it fairly and not taking an unfair advantage of any weakness or handicap which an opponent may have.

There is nothing in this principle which prevents a player from playing the game hard to the utmost of his skill, but in playing hard

don't lose sight of the fact that the intensity of a player's play does not excuse his breaking the rules or losing control of himself. The player who loses his mental balance in competition has no business in competition, for he is a handicap to his side and a menace to his opponents.

Not only that, but the player who loses control of himself impairs his playing ability as he loses control, and the opponent retaining control of himself simply takes full advantage of the impaired skill.

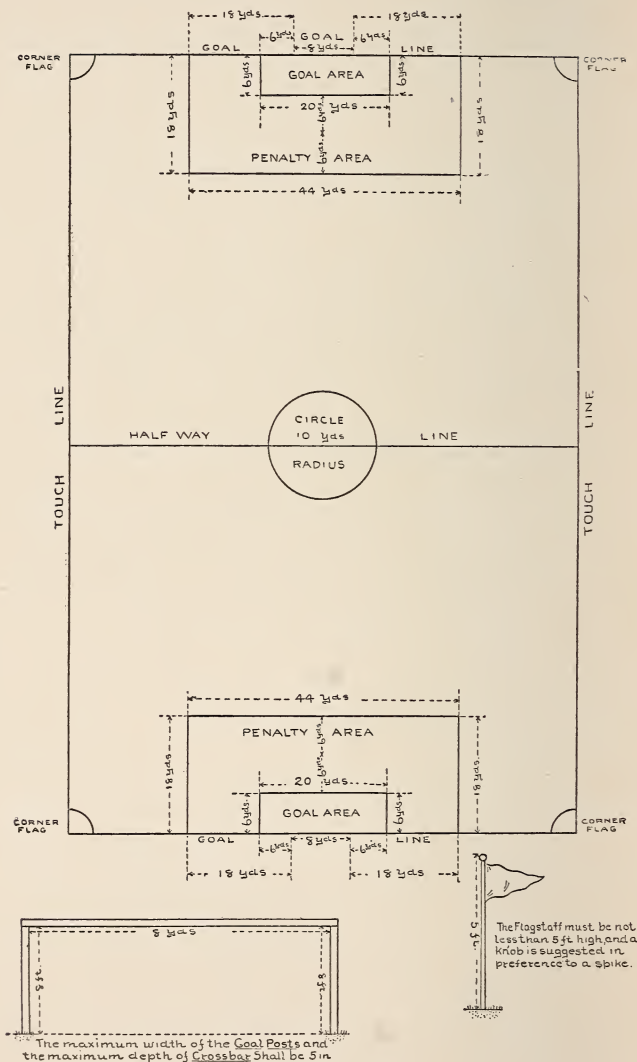
The player should bear in mind that he must not lose his temper because an opponent beats him by superior skill; he must not resort to foul or dirty tactics when he is beaten; he must hold himself in control, so that he can be able to see how and why his opponents beat him; he must not hesitate to recognize superior skill and after the game is over forget any feelings which may have arisen and, if he has been beaten, force himself to admit not only to himself, but to the victor, that he was beaten by a better player.

If your opponent should indulge in foul tactics in a contest, don't retaliate in the same manner; that simply makes you as bad as he is, and two wrongs never yet made a right.

Play your game and play it fairly, leaving the referee to check the dirty player. Simply

see that he does not damage you, and if the referee does not immediately see it, call the matter to the attention of the captain, who will undoubtedly call it to the attention of the referee, when he will punish the offender in a suitable manner and teach him that foul tactics do not pay. The referee will always take the part of the fair, clean player.

Another phase of sportsmanship on the soccer field is to play the game with the feet or head or body, not with the tongue. A real player is always so busy paying attention to what he is doing that he has neither the time nor opportunity to tell his mates what to do, or to tell the official handling the game how to do it. The official usually knows his work and resents advice from a player.



PLAN OF THE FIELD.

Definitions of Names and Terms in Association Football

BY DOUGLAS STEWART.

Back—One of the two players who stand in front of the goalkeeper, and whose duties are mainly defensive.

Back Up—To follow closely a man of one's own side who is in possession of the ball in order to be in convenient position to take a pass from him, if he is too hard pressed, or to continue the dribbling if he should overrun the ball.

Ball—See Law 1 of the Laws of the Game.*

Behind—A ball is said to be behind when driven over the goal line by one of the attacking side. If by one of the defending side a *corner kick* is given.

Bully—Any confused play in which several men are close together and keep kicking the ball into one another. Especially used of such play when it occurs in front of goal, or when the referee throws up the ball on restarting a game after an accident.

Bye—A shot that crosses the goal line and goes behind, but fails to go between the goal posts.

Carrying—By the goalkeeper is the act of carrying or bouncing the ball a greater distance than two steps.

Center—The forward who plays with the two wing players on either side of him, combining with and feeding them.

Charge—To throw one's weight against an opponent, using for the purpose any part of the body from shoulder to hip.

Charging—violent or dangerous—Is charging with undue force, or unfairly; largely a matter of discretion with the referee. *From behind*—To charge a player from behind who is not intentionally obstructing an opponent.

*See Official Soccer Guide National Collegiate Athletic Association, published annually.

Clear—To kick or throw the ball well away when dangerously near to the goal.

Conduct, Violent—The use of violent or bad language to a referee.

Corner—See Law 7 of the Laws of the Game.

Dead Ball—The ball is dead whenever it is out of play, and this is only when the ball is outside the field of play, or when the game is suspended for a moment to allow the infliction of a penalty kick or the award of a free kick for a foul.

Dribbling—Propelling a ball by slight touches, so that, while the runner keeps at full speed, it never gets too far away from him to control it.

Feed—To give to one of the same side a succession of convenient passes.

Forwards—The five players who form the front line of a team, arranged as follows: left outside, left inside, center, right inside, right outside.

Foul—Originally any deliberate unfairness in tackling a man, now often used for accidental illegality, e. g., a "foul throw."

Free Kick—Is a kick at the ball in any direction the player pleases, when it is lying on the ground.

Fullback—See *Back*.

Gate—(1) Money taken from the crowd that comes to see a football match, or (2) persons composing the crowd.

Goal—See Law 1 of the Laws of the Game.

Goalkeeper—The player who stands between the posts, who is allowed to use his hands within his own penalty area.

Goal Kick—The kick out when the ball has gone behind. It must be made from a spot within six yards of the nearest goal post.

Goal Line—The line which runs from corner to corner of the ground under the cross-bar.

Goal Net—A net work behind the goal, into which the ball passes if it goes through, and thereby assists the referee in determining disputes as to whether it went over or under the bar.

Ground—See Law 1 of the Laws of the Game.

Hacking—Deliberately kicking at an opponent.

Halfback—One of the three players who keep between the full-backs and the forwards, feeding the latter and helping the former to keep back the opponents.

Handling or Hands—Wilfully touching the ball with any part of the arm when in play. Only the goalkeeper can do so without a penalty and then only within his penalty area. *Hands* is given against the offender.

Holding—Is the holding of a player by any part of the hand or arm extending from the body.

Kick-off—The kick at the center of the ground when the game begins, or is restarted after half time, or after a goal has been scored. The side losing the toss commences the match; the side winning the toss kicks off at half time, and the side that loses the goal kicks off during the game.

Knock-on—Hitting the ball forward with hands or arms.

Linesman—The official who stops the game when the ball goes out of the field of play, and decides whose is the right to throw in.

Marking a Man—Keeping close to an opponent in order to hamper him if he should receive the ball.

Off-side—See Law 6 of the Laws of the Game.

Pass—To kick the ball deliberately to a colleague.

Penalty Area—That space marked out in front of either goal, within which unfair play is punished with special severity.

Penalty Kick—See Law 17, Laws of the Game.

Place-kick—A kick at the ball while it is on the ground in the center of the field of play.

Points—Each goal simply one point.

Position—Territory in which each player works in combination with other positions or players.

Pushing—Using the hands or arms to push an opponent.

Referee—The official who is charged with the duty of starting the game, keeping time, and stopping, and penalizing all unfair and illegal play. He is also charged with the keeping of the score.

Shin Guards—Short pads of cane and leather, sometimes worn down the front of the leg as a protection from accidental hacks.

Striking—The act of bringing the hands or arms into forcible contact with the body of an opponent.

Tackle—To put one's self in front of a player who is dribbling the ball, and either take it away or force him to get rid of it at a disadvantage.

Take the Man—To support a player of one's own side who is about to kick the ball by charging an opponent who is coming up with a view to kick it.

Team—One side in a match, consisting of eleven men.

Ten Yards Circle—A circle of ten yards radius drawn round the center of the field upon which the ball is placed for the kick-off. No one of the side opposed to the kicker-off is allowed to come within the circle.

Throw-in—See Law 5 of the Laws of the Game.

Time—Usually forty-five minutes each way.

Touch—The space at the sides of the field of play, separated from it by the touch lines.

Tripping—Intentionally throwing, or attempting to throw, an opponent by the use of the legs, or by stooping in front of him.

Volley—To kick a ball before it bounces.

Wing Forward—One of the pairs of forwards on either side of the center.

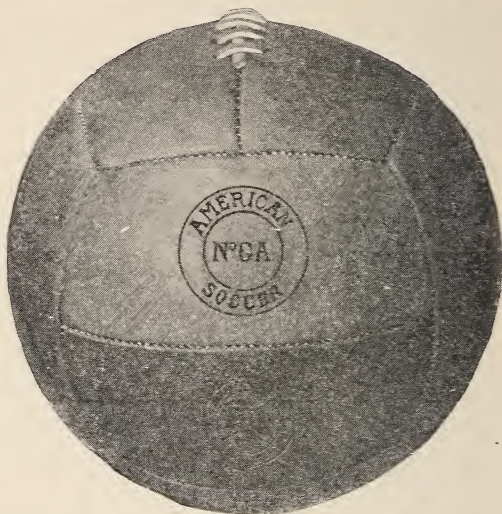


Spalding
Olympic
Championship

Soccer
Foot Ball

Made complete in the Spalding factory at Leeds, England. Twelve-piece leather cover, which equalizes the strain and assures rotundity; hand-stitched throughout. Pure Para rubber bladder.

A. G. Spalding & Bros



SPALDING TWELVE-PIECE COVER SOCCER FOOTBALL

Made in the Spalding football factory, Brooklyn, N. Y.
Official in weight and measurement and will stand
the hardest usage.

SPALDING "ARMY AND NAVY" BALL

Regulation size, but has not the twelve-piece cover.
Made of first grade football leather.

Spalding's Catalogue of Fall and Winter Sports always
contains the newest articles in every line of sport, with
pictures and full descriptions and prices. Mailed free
from any Spalding store (see inside front cover of this
book for store nearest to you).

A. G. Spalding & Bros

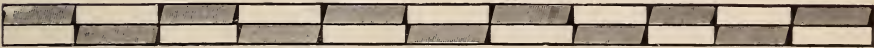


The Choice of Champions

THE manufacture of shoes for every sport is one of the largest departments of the Spalding business. Spalding's outfit the leading teams and champions and the suggestions and ideas gathered from this contact, together with those of their European factories, give Spalding's a pre-eminence which only long years of experience can command.

Quality always—if it's Spalding's, it's right.

A. G. Spalding & Bros





“Spalding” — “Official”

THE standardization of athletic implements is the keynote of quality in competition. Spalding athletic implements—in every sport—are made exactly in accordance with the official specifications and are recognized and adopted as official.

Players in using Spalding implements appreciate that the latter comply fully with the official rules and that as far as mechanical perfection is concerned they are evenly matched, any superiority being due to the skill of the individual player or team.

A.C. Spalding & Bros



To Beginners in Sport

CONTRARY to the usual custom in everyday life, a beginner in sport should start at the top. The best implements, the best equipment, will be of immense help in acquiring proficiency.

Spalding equipment is used by the leaders in every sport and a beginner using the best at the start not only gets longer use but also acquires that championship confidence.

When you get Spalding's, you get Quality.

A. G. Spalding & Bros



What A. G. Spalding & Bros. Manufacture

All articles bearing the Spalding Trade Mark are made by A. G. Spalding & Bros. in their own factories. Leading players in every branch of sport use Spalding implements and equipment because they appreciate the value of Spalding workmanship and material. If it's Spalding's, it's right.

Base Ball	Tennis	Bathing Suits
Foot Ball	Golf	Sweaters
Soccer	Squash Tennis	Jerseys
Basket Ball	Cricket	Athletic Clothing
Running Shoes	Field Hockey	School Uniforms
Hammers and	Croquet	Camp Uniforms
Weights	Quoits	Shoes
Discus	Lawn Bowls	Stockings
Hurdles	Volley Ball	Hats and Caps
Vaulting Poles	Serve-Us Ball	Water Polo
Javelins	Skates	Fencing
Boxing Gloves	Ice Hockey	Home Exerciser
Striking Bags	Skis	Gymnasium and
Lacrosse	Toboggans	Playground
Hand Ball	Snowshoes	Apparatus

The Spalding Catalogue gives latest prices, pictures and descriptions of everything in athletic sport. Mailed free from any Spalding store.



This trade mark means much to you

It answers your question, Why should I buy athletic goods of A. G. Spalding & Bros.?—or

What do I get for my money when I buy Spalding goods?

Like the Rock of Gibraltar, it does not talk, yet it stands for much—permanence and dependability.

The Spalding Trade Mark on any article of athletic equipment is a guarantee that the materials are the finest, the workmanship the best, the prices fair and the design as modern as nearly half a century of progressive development can make it.

It says to you—Spalding's Athletic Goods are the best. There are no better made.

A. G. Spalding & Bros.

LIBRARY OF CONGRESS



0 006 007 336 3



THE SPALDING CHAMPIONSHIP "OLYMPIC" SOCCER FOOT BALL

Made complete in the Spalding English foot ball factory, Leeds, England. Hand-stitched throughout. Twelve-piece leather cover. Guaranteed pure Para rubber bladder.

